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**Tough times on
the soccer turf**

 A soggy May and early June has
 forced the Calgary Minor Soccer
 Association to reschedule or
 cancel hundreds of games **PAGE 8**

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PLAYING FOR THE ARTS

From left: Sheldon Zandboer, Ralf Buschmeyer and Jeff Gammon of the Mount Royal University jazz band perform at the opening of a Save Our Fine Arts rally at the Max Bell Theatre in Calgary on Wednesday evening. See story, page 4. ROBSON FLETCHER/METRO

Health system reboot after board fired

Booted. Health minister says he fired 10-member AHS board after it refused to cancel bonus payments for senior executives

Alberta Health Minister Fred Horne has sacked the entire board overseeing day-to-day delivery of health care in the province and has announced he is embarking on a system-wide reboot.

"We start fresh," Horne said Wednesday at a news conference in Lethbridge where Premier Alison Redford and her cabinet were meeting.

Horne said he would immediately begin talking to stakeholders and patients about the best way to deliver health care that costs Alberta \$37 million a day.

"We have to be open to all the possibilities."

Horne said he fired the 10-member board of Alberta Health Services, or AHS, after it refused his directive to cancel \$3.2 million in bonus payments to 99 senior executives for the fiscal year that ended in March.

Stephen Lockwood, who


 Alberta Health Minister Fred Horne
 METRO FILE

was the board's chairman, said Tuesday that the issue was about integrity and honouring contracts.

Horne said the board's decision to go ahead with the payouts was intolerable, given tight government budgets and pay freezes in new contracts for doctors and teachers.

Horne appointed Janet Davidson, who was an executive with Edmonton's former Capital Health region, to be the administrator of AHS in lieu of the board. She is expected to meet with media on Friday.

Dr. Chris Eagle, CEO of Alberta Health Services, re-

mains in place.

In Edmonton, opposition leaders suggested Horne only needed to look in the mirror to know who is responsible for problems with the board.

"All of this is at Fred Horne's door," said Wildrose Leader Danielle Smith.

Horne has been aware of the bonus payouts for months but did nothing, she said.

"Then we get to the 11th hour and because they're defying the minister's order he ends up having to blow the board up," said Smith.

NDP Leader Brian Mason said the board's dismissal is an opportunity for Horne to reinvent health care to make it responsive to patients.

Mason said the AHS board was made up of business people running health care as if it were a bottom-line corporation.

 "These are business people. These are people from the oilpatch, the insurance industry ... so they're running it like a corporation and they put their practices into place." **THE CANADIAN PRESS**

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Warning

'Speed kills,' say Calgary police after second fatality in 2 days

Following a second traffic fatality in as many days, police are warning drivers that speed kills.

Officers were called to the scene of what Sgt. Mike Kuile said is one of the worst crashes he's seen in his career around 3:30 a.m. Wednesday.

Investigators have determined that a four-door Acura was travelling at a high rate of speed when the 19-year-old female driver struck a tree, removing it from the ground and stripping it of bark.

"The damage to the vehicle was catastrophic," said Kuile. "The tree not only split the car in two, it moved the driver's compartment clean across the side to the passenger's side of the vehicle."

Police believe the driver died on impact.

This comes just one day after a 29-year-old man was killed when he reportedly collided with a street sweeper on Shaganappi Trail.

"We have learned that alcohol was a factor, as well as speed, in (Tuesday's) accident."

Kuile said the reminder to all drivers is that speed limits are posted for a reason.

"Speed kills," he said. "My team this week has dealt with two families completely traumatized and torn apart as result of accidents that were clearly preventable."

Police are asking anyone who may have witnessed either crash to call the CPS Traffic Section at 403-567-4000.

KATIE TURNER/METRO

Operators, designs for rec centres approved

Long time coming.

More details released on three of four new rec centres that have been years in the planning



ROBSON FLETCHER

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YMCA Calgary will operate the new rec centres to be built in Quarry Park and Rocky Ridge, while Canlan Ice Sports will run a major new indoor-ice facility in the southeast, the city announced Wednesday.

Calling it a "major step forward" in the city's long-awaited development of four new recreational facilities, project manager Rob McAuley welcomed the partnerships, which were approved by council behind closed doors late Tuesday.

"This will help further a shared vision to build active, caring and complete communities where recreation is accessible to everyone," McAuley said.

Ald. Shane Keating said the Quarry Park rec centre and the Great Plains ice facility, both slated to open in 2015, have been a long time coming for the city's south-east.

"This is the beginning of a service that people have been asking for — and that has been sadly neglected — for a long time," he said.

Ald. Andre Chabot said the Great Plains facility will be "great" for area residents but he believes the city over-



The Great Plains ice facility, top, will be located at 18150-56 St. S.E. while the Quarry Park rec centre will be at 108 Quarry Park Rd. S.E. CITY OF CALGARY IMAGES

spent on it, liking it to going with a "Porsche versus a Volkswagen."

"It's a lot more than what's necessary," he said. "If we had gone with some of the original proposals that were suggested, we could have saved like \$20 million."

Millican Ogden Community Association president Gary Miller said the new rec centres will create more competition for the community's own rink and pool but said there's always a

Planned

- The Quarry Park facility is to have a six-lane, 25-metre pool, a gymnasium, a fitness centre, multi-purpose rooms, a full-service library, child care and food services.
- The Great Plains facility will have two ice rinks, one with "enhanced spectator seat-

ing," as well as multi-purpose rooms, food services and a pro shop.

- The Rocky Ridge facility is set to open later, in 2016, while the fourth facility, in Seton, is set to open in 2017 and has yet to have an operator confirmed.

need for more indoor hockey facilities.

"They're still not keeping

up to what they need for ice, but every bit helps for sure," he said.

Retrial ordered in Bolsa triple-murder; family of victim deems justice system 'a farce'



Bolsa murder victim Aaron Bendle. METRO FILE

Word that two men accused in a 2009 Calgary triple-murder will be granted a retrial came as no shock to family members of one victim Wednesday, who say they've lost all faith in the justice system.

The Alberta Court of Appeal ruled Tuesday morning that Nathan Zuccherato and Michael Roberto will stand trial for a second time in the triple shooting at the Bolsa Restaurant on New Year's Day 2009.

Rival gang member Sanjeev

Mann, his friend Aaron Bendle and bystander Keni Su'a were all killed in the incident.

Bendle's grandfather Hugh Christante said he now barely pays attention to court proceedings, mostly because it's too frustrating.

"We thought we would have justice by now ... the legal system is a farce," he said. "If you want to get off it's all about spending more money on a lawyer."

But defence lawyer Alain

Hepner, who represents both Roberto and Zuccherato, said Wednesday the retrial was granted because of inconsistencies with testimony provided by a key witness, who can only be identified as M.M.

During the first trial, in which both Zuccherato and Roberto were convicted, M.M. indicated he was involved in setting up a hit on Mann; however, he never pulled the trigger on any of the three victims.

But it was later revealed that

M.M. told RCMP members in Saskatchewan during a 2011 encounter that, "I was the one that committed it."

"I run into Bolsa with a f—in' nine millimeter, a .357, as well as a .45 ... I killed them. I murdered them in cold blood."

A third accused in the Bolsa killings, Real Honorio, was not included in the appeal for a retrial. Hepner said he expects a six-week retrial to get underway sometime next year.

JEREMY NOLAIS/METRO

'Look at what we're losing': Hundreds rally in Calgary to 'save' fine arts in Alberta

Panel discussions. Event included MLAs, public-education officials, business leaders and artists



ROBSON FLETCHER
robson.fletcher@metronews.ca

About 350 Calgarians rallied at the Max Bell Theatre on Wednesday night to save fine-arts education from what one organizer described as "death by a thousand cuts."

Alec Blair, executive member of Save Our Fine Arts (SOFA), said Alberta has been slowly chipping away at the foundation of fine arts for years but major cuts to post-secondary educa-

tion in the March provincial budget have taken things to another level.

"Mount Royal University losing their (performing) arts programming is going to have a bigger impact to our overall city than anybody really realizes," he said.

The mere mention of that decision — which came in the wake of a 7.3 per cent reduction in post-secondary funding across the province — drew boos from the crowd at the theatre.

"A little bit over here and a little bit over here and it never seems to be enough to get any action," Blair noted. "But then you get something like Mount Royal and suddenly everybody galvanizes again."

SOFA co-chair Lyle Bennett said the budget cuts will have a profound im-

pact on Alberta for years to come.

"With reduced post-secondary options, Calgary students are now having to leave to continue their education — what a shame," he said. "Look at what we're losing. They may never come back here. Some of the brightest young minds that we've got are going to other provinces because we no longer provide what they need."

Co-chair Murray Ord said art for art's sake is important but fine-arts education plays an important practical role in society, too.

"Leaders of major corporations in this country are saying it's not just enough to have an MBA — we need people that can think on their feet," he said. "A fine-arts education teaches you that."

More on SOFA

Save Our Fine Arts (SOFA) was formed in 2009 in response to proposed changes in Alberta's fine-arts curriculum in schools.

- At that time, SOFA rallied 2,500 people to write letters of protest to the provincial government, which eventually backed away from some of the proposed changes.
- Organizers say Wednesday's rally was aimed at arts education in general, but particularly motivated by recent post-secondary education cuts that seemed to hit the arts especially hard.



Tim Tamashiro, host of Tonic on CBC Radio, sings an opening number to welcome guests at the Save Our Fine Arts rally on Wednesday at the Max Bell Theatre. ROBSON FLETCHER/METRO



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Would you prefer text or phone call?

Alerts. Calgary Board of Education eyeing technology upgrade to keep in better touch with parents

Keeping tabs on what's happening at your kids' school could soon become a tad easier for Calgary parents.

The Calgary Board of Education recently issued a request for proposals on a "mass communication solution" that could see it take interaction with the community to the next level, according to Brant Parker, the board's director of learning technologies.

Although the idea is still at an exploratory stage, Parker envisions a messaging service that would interact with parents through whatever means they prefer.

"Some parents would rather get a text, an email, a call, that type of thing ... We're talking about something much more diverse



Calgary Board of Education officials are exploring new technology to keep in touch with parents, including text-message alerts. METRO FILE

than simply just the telephone scenario."

A former principal himself, Parker says he saw a noticeable difference in parent attendance at school council meetings when he would send out an automated phone message ahead of time using a technology

called Synrevoice.

That same system and others like it are used to inform parents when their child is marked absent in class.

Parker says the system could also serve a very important function during school lockdowns or other

emergency situations.

The CBE has come under fire as recently as this week for not being open enough with parents about dealings in classrooms and behind the scenes of the organization, which provides education to more than 100,000 kids.

Some parents told Metro on Wednesday they were surprised they hadn't been consulted on a pilot project being launched this fall that will replace numerical grades with word classifications like "evident" and "emerging" at some kindergarten to Grade 9 schools.

Quoted

"As we talk about personalized learning, I think, when we are dealing with our parents, we also need to work at personalizing our communication."

Brant Parker, a director with the Calgary Board of Education

Larry Leach, the former head of an education watchdog group who has announced his candidacy for trustee in this October's election, says he's never had an issue getting information from the principal at his son's school, but he adds he's got more time than some to take a stroll inside.

He supports the CBE's plans, but he hopes they include more public input.

"We have to have every available option open to communicate with parents," Leach said.

JEREMY NOLAIS/METRO

Search. Police zero in on person of interest after Bow evacuation

Investigators have in mind a person they'd like to speak with following an incident Tuesday that led to the entire Bow building being evacuated.

Officers were called to the city's largest office tower around 3:50 p.m. after receiving reports of a man brandishing a knife.

Police spokesperson Kevin Brookwell said security guards were first alerted to a man on the 55th floor of the 58-storey building in a women's washroom.

Brookwell said officers tried to speak to the man but didn't receive a response, and when they forcibly entered one of the washroom stalls the man rushed past them.

"He was uttering some threats and he did advise security to call police and call SWAT," Brookwell said. "At that time, the security guard indicated he believed he saw the butt-end of a knife, and he also recalled the individual saying something about terrorists or terrorism."

He said the washroom also smelled of smoke, which led to a response



The Bow was evacuated Tuesday after a man allegedly uttered threats. METRO FILE

fire alarm was pulled, triggering a mass exodus of people from the building.

"We were not able to 100 per cent confirm that the individual we were looking for ... was still in the building or had previously left the building," Brookwell said.

Numerous officers were called in and the entire building was searched, he added.

The search was completed around 1:30 a.m. Wednesday and the building was re-opened.

After reviewing CCTV footage, Brookwell said one of the investigators recognized the individual and police were confident they would be able to speak with the person of interest soon.

The man is not believed to pose a danger to public safety, according to Brookwell.

KATIE TURNER/METRO

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from the Calgary Fire Department. At some point a

S-Trip. Calgary student may win books, tuition, internship, vacation

Calgary university student Kim Mercader believes travel is key to education, and, lucky for her, her passion for travel could mean money for her education.

The soon-to-be fourth-year Mount Royal University public-relations student is one of 20 Canadian finalists competing for the Amazing Travel Scholarship offered by S-Trip, a student-focused travel group.

Mercader was chosen from more than 800 entries, and if she's selected, she'll win tuition and books for a year, a paid internship at S-Trip in Toronto and a free trip with three friends.

One of the criteria on which she's being judged for the competition is how well she engages her fellow Calgarians.



Kim Mercader CONTRIBUTED

"(The goal) is really just to spread my love of travel with everyone in the community," Mercader said. "I've been travelling with student loans, so I think this would be the perfect way to end my degree, to have my last year paid off and have an internship lined up."

KATIE TURNER/METRO

Punk'd. Calgary high school up for sale on Kijiji

Interested in buying a high school?

It appears pranksters put Calgary's Lord Beaverbrook School up for sale this week on Kijiji for a cool \$2 million.

The post has since been removed, but not before being viewed by nearly 3,000 people.

The post listed spacious kitchens, a gymnasium to get that "summer ready bod you've been dreaming of," and a private cosmetology lab as some of the school's features.

"Tired of stressing out over

what new furniture to buy or where to look?" the post reads. "Why not simply ask the youthful workers in the construction class to make them for you? Endless supply of a variety of wood will keep you in luxurious style and comfort."

The post made sure to note the 2013 graduating class was not for sale.

The post followed a similar prank in St. Albert that saw two high schools there put up for "sale" as well.

JEREMY NOLAIS/METRO

Rain 'wreaking havoc' on minor soccer sked

A question of turf?

Officials appeal to clubs for help finding places to play



JEREMY NOLAIS

jeremy.nolais@metronews.ca

Rain, rain, go away, thousands of kids want to play soccer again someday.

A soggy May and early June has forced the Calgary Minor Soccer Association (CMSA) to reschedule or cancel hundreds of games — some teams completed just half of their eight seeding-round games, which are used to rank teams for playoff purposes.

Daryl Leinweber, association executive director, said the real issue is not so much the weather but a lack of artificial turf fields in the city, which dry faster and require less upkeep.

The City of Calgary does not allow games to be played on the natural-grass fields it owns during periods of rain, and often for a few days after while they dry.

"It's wreaking havoc on our schedules," Leinweber said. "Games are being determined based on (win) percentages instead of on the field."

As proof, Leinweber was quick to show off the association's "reschedule" binder Wednesday, which is packed



Daryl Leinweber, executive director for the Calgary Minor Soccer Association, has been breaking out his umbrella plenty in recent weeks and many of the athletes he represents have been forced to stay off city fields. JEREMY NOLAIS/METRO

And the study says ...

A study conducted by Calgary Minor Soccer Association that was later adopted by the City of Calgary estimated constructing an artificial turf field costs roughly \$2.3 million.

That is more than the standard \$1.5 million cost for a natural-grass field; however, the study indicated millions would be avoided in upkeep costs by going the artificial route.

with hundreds of game sheets.

Seeding for playoffs has been completed with whatever games teams could squeeze in; however, not all are happy with the process, and one has even filed an appeal claiming they were unfairly ranked.

CMSA did draft a strategy in 2008 that was adopted by the

city calling for seven artificial-turf fields to be developed. To date, just one has been opened at the new Ernest Manning High School.

But Michele McDonald, spokesperson for the city's recreation department, said work is underway to construct three additional fields at the

Subway Soccer Centre — a project that has repeatedly been delayed, along with plans for a new annex-structure add-on at the site.

The city has now taken over operations at the centre until construction is complete.

McDonald said the primary reasons for keeping youngsters off the natural-grass fields are safety and an increased likelihood of damage to the sites.

"The rate of injury is significantly higher when the fields are wet because of slipping and sliding and kids running into each other.... We also don't want to close down fields for three weeks or a month to allow (grass) to grow back or repairs to take place," she said.

Fort Mac battles flooding

The mayor of Fort McMurray says workers and volunteers are sandbagging the city's Heritage Park and working on dyking to protect the local high school and college.

Melissa Blake says while the public is being urged to stay away from riverbanks and streams, there is no direct threat to public safety and attention is being turned to the protection of property.

Heritage Park is operated by the Fort McMurray Historical Society and contains 17 historic buildings, including a trapper's cabin, a Catholic mission and an Anglican church.

A state of emergency and a boil-water order for the area were declared Tuesday due to flooding of the Hangingstone River and concern over the Clearwater River and its tributaries.



An aerial view shows flooding in Fort McMurray, Alta., on Tuesday. HANDOUT

About 150 people have been moved from a city trailer park and residents in 275 homes are on evacuation alert.

Brad Grainger with the Regional Municipality of Wood Buffalo says workers are trying to fix a main gas line that ruptured when water eroded the ground covering it.

He says the community is at "the mercy of Mother Na-

ture," since more rain is forecast for the rest of the week.

Mounties say they are going door-to-door in the trailer park to make sure that people comply with the mandatory evacuation order.

"Areas that have been identified as evacuation zones, especially those classified as mandatory, are not safe at this time," RCMP said in a news release. THE CANADIAN PRESS

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Palaeontologist Harold Bryant, director of the Royal Saskatchewan Museum, holds up a 65 million-year-old piece of T. rex poop – also known as a coprolite. A replica will appear at the Smithsonian. METRO/ALYSSA MCDONALD

Sask. Replica dinosaur poop goes to Smithsonian

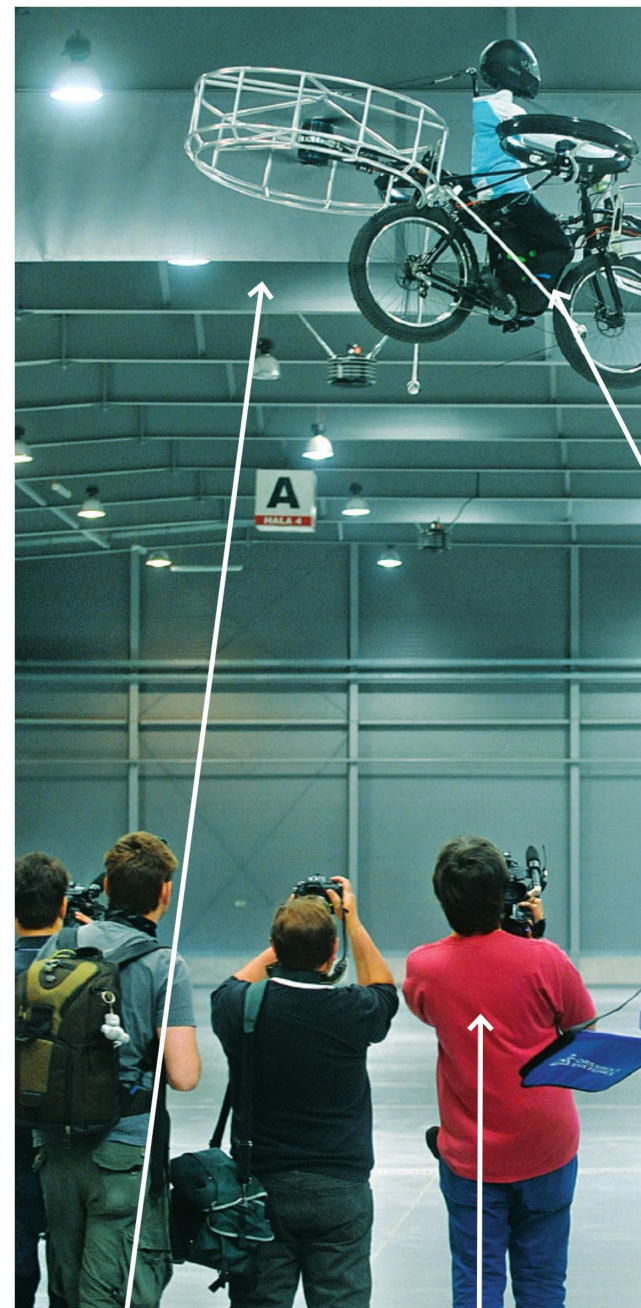
The Royal Saskatchewan Museum is sharing a unique piece of Saskatchewan palaeontology with the Smithsonian Institution's National Museum of Natural History.

It's 65-million-year-old fossilized *Tyrannosaurus rex* poop. Also known as a coprolite.

While the Smithsonian is only getting a replica coprolite, Tim Tokaryk, curator of palaeontology at the Royal Saskatchewan Museum, said it's a great honour to have a piece of Saskatchewan's history featured in a new exhibit in the world-renowned museum.

ALYSSA MCDONALD/METRO IN REGINA

It's a bird! It's a plane!



Prague

Electric bike prototype takes off

Is it a bike? Is it a plane?

Three Czech companies have teamed up to make a prototype of an electric bicycle that successfully took off Wednesday inside an exhibition hall in Prague and landed safely after a remote-controlled, five-minute flight.

THE ASSOCIATED PRESS

Electric motor

Journalists were invited to take photos of the flying bike at Letnany fairground.

- The bike flies thanks to six futuristic horizontal propellers and an electric motor.
- The unique construction was made by Czech designers and French company "Dessault Systemes — 3D software tools."

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BENTLEY

ane! It's a ... bike?



MICHAL CIZEK/MICHAL CIZEK/AFP/GETTY IMAGES

Like a mountain bike

95

Looking like a heavy mountain bike, it weighs 95 kilograms (209 pounds).

Propellers

6

It has two battery-powered propellers in the front, two in the back and one each on the sides.

Dummy first air cyclist

Bigger batteries needed before a human goes up

A dummy rode in the saddle. Milan Duchek, technical director of Duratec, a bicycle frames maker, says more powerful batteries will be needed before a human takes a two-wheeled flight.

THE ASSOCIATED PRESS

Richmond

Baby delivered in B.C. mall with help of security

A mall in Richmond, B.C., helped one pregnant shopper deliver her baby this weekend. The woman gave birth inside Aberdeen Centre on Saturday.

Security guards at the mall heard the expectant mother's screams coming

from a busy packing entrance on the second floor and rushed to her side.

Joey Kwan, promotions and public relations manager for the mall, said the woman was with her sister. "One of the security (guards), because the dad was not there, he provided mental support to her and let her grab his hand to deliver the baby."

The other guard monitored the baby.

KATE WEBB/METRO IN VANCOUVER

New report

Canada a top destination for cyber-criminals

Canada's clean reputation makes it a top destination for cyber criminals to launch global attacks on businesses, says a new study.

Instead of choosing Russia or China, some cyber criminals have been setting

up servers with Canadian IP addresses for their attacks, says Websense's cybercrime report card on Canada.

"They know they can piggyback off the reputation within Canada," said Carl Leonard.

In 2012, Canada was the number three country of choice for cyber criminals to set up virtual bases, said the report, unveiled Wednesday in Toronto.

THE CANADIAN PRESS

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Top-secret leak source says he's not hiding from justice

U.S. surveillance leak.

Former CIA employee Edward Snowden says he hopes to use Hong Kong as a base to 'reveal criminality'

The former CIA employee who leaked top-secret information about U.S. surveillance programs said in a new interview in Hong Kong Wednesday that he is not attempting to hide from justice, but hopes to use the city as a base to reveal wrongdoing.

Edward Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday, providing



A website supporting Edward Snowden, the former CIA employee who leaked top-secret documents about sweeping U.S. surveillance programs, is displayed on a computer screen in Hong Kong Thursday. Snowden dropped out of sight after checking out of a Hong Kong hotel on Monday. The South China Morning Post newspaper said it was able to locate and interview him on Wednesday. It provided brief excerpts from the interview on its website. KIN CHEUNG/THE ASSOCIATED PRESS

brief excerpts on its website.

It said Snowden, who has

been both praised and condemned for releasing documents about U.S. telephone

and Internet surveillance programs, said he was "neither a traitor nor hero. I'm

an American."

Asked about his choice of Hong Kong to leak the information, Snowden said, "People who think I made a mistake in picking Hong Kong as a location misunderstand my intentions. I am not here to hide from justice; I am here to reveal criminality."

The newspaper quoted him as saying that he had several opportunities to flee from Hong Kong, but that he "would rather stay and fight the United States government in the courts, because I have faith in Hong Kong's rule of law."

"My intention is to ask the courts and people of Hong Kong to decide my fate," he said.

Snowden said he plans to stay in the city until he is "asked to leave," the newspaper said.

Snowden, 29, arrived in

Snowden's legal status

No charges yet as supporters organize

Hong Kong has an extradition agreement with the United States, but there are exceptions in cases of political persecution or where there are concerns over cruel or humiliating treatment.

U.S. authorities have yet to bring charges against Snowden or file an extradition request with Hong Kong.

Supporters of Snowden have organized a march on Saturday that will pass in front of the U.S. Consulate.

THE ASSOCIATED PRESS

Hong Kong from his home in Hawaii on May 20, just after taking leave from his National Security Agency contracting firm Booz Allen Hamilton, which has since fired him.

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The Power to Surprise

U.S. intelligence. CIA's deputy director Michael Morell retires

CIA Deputy Director Michael Morell, who managed the resignation of CIA chief David Petraeus over an extramarital affair and defended the agency's performance over the attack on a U.S. diplomatic post in Benghazi, Libya, retired Wednesday.

Morell retired after 33 years at the CIA, including two stints as acting director and one as deputy director. He was passed over for the top CIA spot by President Barack Obama in favour of the president's counterterrorism adviser, John Brennan, who announced Morrell's departure.

"I was most looking forward to ... the opportunity to work side-by-side once again with Michael Morell," said Brennan, noting that they had begun their careers at the CIA in 1980. "As much as I would selfishly like to keep Michael right where he is for as long as possible, he has decided to retire to spend more time with his family and to



Michael Morell

EVAN VUCCI/THE ASSOCIATED PRESS FILE

pursue other professional opportunities."

Brennan said Morell will be replaced by Avril Haines, the first woman to hold that position. Haines has been a White House deputy assistant and deputy counsel for national security affairs since 2010. Before that, she was assistant legal adviser for treaty affairs at the State Department, according to a White House statement.

THE ASSOCIATED PRESS

Cleveland. Castro pleads not guilty as defence aims to avoid death penalty

A man accused of holding three women captive in his Cleveland home for about a decade pleaded not guilty Wednesday to hundreds of rape and kidnapping charges, and the defence hinted at avoiding a trial with a plea deal if the death penalty were ruled out.

The death penalty is in play because among the accusations facing Ariel Castro, 52, is that he forced a miscarriage

by one of the women, which is considered a killing under Ohio law. That charge doesn't include a possible death penalty, but a prosecutor has said that's under review.

Attorney Craig Weintraub acknowledged that "certain charges in the indictment cannot be disputed" and said the defence was working to avoid an "unnecessary trial" with a possible death penalty sentence. **THE ASSOCIATED PRESS**



Ariel Castro enters the courtroom for his arraignment Wednesday in Cleveland.

TONY DEJAK/THE ASSOCIATED PRESS

Israel

Netanyahu to Iran: 'We will never allow another Holocaust'

Israeli Prime Minister Benjamin Netanyahu began a two-day visit to Poland, which Nazis occupied during the Second World War and where they committed the worst crimes ever against the Jewish people, with a warning about a potential Holocaust from Iran.

Netanyahu said Wednesday the "so-called" Iranian presidential election will "change nothing" in the Islamic republic's quest for nuclear weapons and that the regime will continue to pursue a bomb aimed at destroying Israel.

"This is a regime that is building nuclear weapons with the express purpose to annihilate Israel's six million Jews," Netanyahu said, alluding to the number of Jews killed by the Nazis during the Second World War.

"We will not allow this to happen. We will never



Israeli Prime Minister Benjamin Netanyahu speaks in Warsaw, Poland, Wednesday.

ALIK KEPLICZ/THE ASSOCIATED PRESS

allow another Holocaust."

Israel considers Iran its greatest threat because of its support of Islamic militant groups, its arsenal of long-range missiles and its advanced nuclear program.

Netanyahu's comments in Warsaw carried added significance since they came a day before he travels to the former Nazi death camp of Auschwitz in Poland, where he is to inaugurate a new pavilion meant to educate visitors about the Holocaust.

THE ASSOCIATED PRESS



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WESTJET

Environment. Prominent U.S. Keystone critic to visit Alberta oilsands

One of the most prominent and recognizable critics in the U.S. of the proposed Keystone XL pipeline is coming to Alberta to have a look at the oilsands for himself.

Environmental lawyer Robert F. Kennedy Jr. says he doesn't expect the visit to change his opinion.

"It's hard for me to imagine that I would see a benefit that



Robert Kennedy Jr.

would make me change my mind on the tar sands," he said.

Kennedy said he's coming at the invitation of environmentalists and First Nations.

THE CANADIAN PRESS

Indecent robbery

Robber exposes himself before demanding cash

Police in Belleville, Ont., are looking for a suspect in an unusual robbery in a bank lobby. Police say a woman was using an ATM on Wednesday when a man approached her, exposed himself and demanded she withdraw money for him.

THE CANADIAN PRESS

Facing charges

Canadians caught smuggling \$59K in their bras

U.S. border agents say they have caught a Canadian woman and her teenage daughter trying to cross the border with \$59,000 hidden in their bras. The woman, Moura El-Asmar, is charged with cash smuggling and lying to a federal agent. THE ASSOCIATED PRESS

Military accused of intimidating witness

Defence committee. Soldier wounded during Taliban ambush allegedly told to tone down his testimony

Not the first time

It is not the first time the military has tried to intimidate serving members when it came to speaking out about problems with the care they receive.

- When former veterans ombudsman Pat Stogran held his farewell news conference in September 2010, complaining about bureaucracy and red tape, two soldiers at the event said they had been ordered by the brass not to speak publicly.



Pte. Glen Kirkland, in wheelchair, one of five soldiers injured in a direct fire explosion, attends a ceremony for fallen comrades in Kandahar on Sept. 4, 2008. TOBI COHEN/THE CANADIAN PRESS

Opposition Liberals tried again on Wednesday to hold military officers to account for allegedly attempting to intimidate an injured Canadian soldier into toning down his testimony before a parliamentary committee.

Cpl. Glen Kirkland, who was severely wounded in Afghanistan five years ago during a Taliban ambush, said last week that he was told to "not speak about certain things" when he testified before the House of Commons defence committee.

In an interview with CTV News, Kirkland claimed that he was even threatened with

a dishonourable discharge.

Liberal defence critic John McKay said that's tantamount to trying to intimidate a witness, and he put forward a motion calling on the committee to inform the Commons.

An attempt to "shape" testimony before Parliament is "as serious as lying to a committee," McKay said.

Kirkland, 29, said he suffers from survivor's guilt and severe post-traumatic stress.

The military recently presented him with a discharge plan that would have seen him out of uniform well ahead of the 10-year service mark he wanted to achieve for a full pension. THE CANADIAN PRESS

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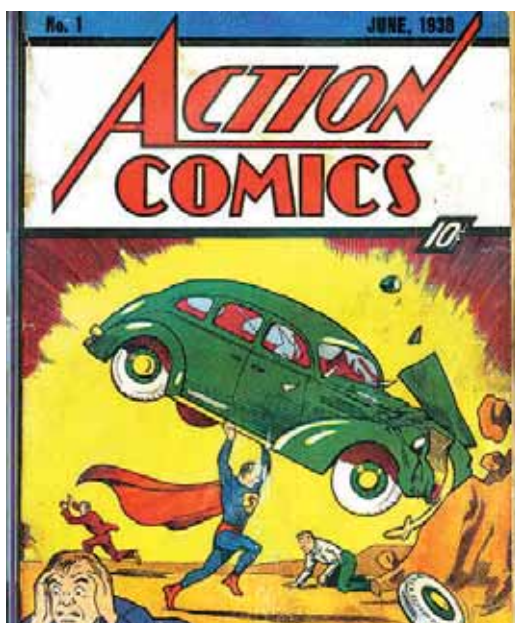
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Comic book with a super story sells for \$175K

A rare copy of the comic book featuring Superman's first appearance that went undiscovered for more than 70 years in the insulation of a Minnesota house has sold in an online auction for \$175,000 US. The high bidder for the copy of Action Comics No. 1 was a "hard core, golden age comic book collector," said Stephen Fishler, CEO of ComicConnect.com.

COMICCONNECT CORP./METROPOLIS COLLECTIBLES INC./THE ASSOCIATED PRESS

Social media

Facebook ushers in hashtags to help with search

Facebook is introducing hashtags, the number signs used on Twitter, Instagram and other services to identify topics being discussed and allow users to search for them.

Facebook said in a blog post Wednesday that users will be able to click a hashtag to see a feed of discussions about a particular topic. For example, typing a number sign in front of "ladygaga" will turn the words into a link that users can click on to find posts about Lady Gaga.

If Twitter's use of hashtags is any indication, Facebook will likely incorporate them into its advertising business. **THE ASSOCIATED PRESS**

Air travel

WestJet must compensate bumped fliers

The Canadian Transportation Agency says WestJet must provide compensation to customers bumped on flights to and from Canada.

The agency was responding to a complaint alleging that WestJet's international tariff — a contract between a customer and the carrier — has several "unreasonable and conflicting" rules for customers unable to travel because a flight has been oversold.

It's WestJet's policy not to oversell flights intentionally, but the CTA ruling said the airline must remove a provision that exempts it from liability in the event customers are bumped anyway. **THE CANADIAN PRESS**

Parking app pays you to snitch

Winnipeg. (1) Snap pic of a parking violation; (2) send it to police or private lot operators; (3) get cut of fine; (4) try to live with your guilty conscience

Some entrepreneurial Winnipeggers are set to unleash an army of bounty hunters keen

on nabbing people who park in disabled parking spots without a permit or in front of a fire hydrant. All that would be needed is a smartphone and the "spot-squad" app.

Co-founder Chris Johnson says he and his partners haven't yet signed any agreements to give informants a percentage of any ticket fines, but he adds that some private parking lot operators are interested.

He says while many people

say they would never snitch on a fellow driver, he expects they would privately jump at the chance to make a couple of bucks while cracking down on inconsiderate parkers.

The app would allow people to snap a picture of a parking violation and send the photo to police, private parking operators or city wardens. A parking warden could then be dispatched to issue a ticket.

THE CANADIAN PRESS

Legal minefield

- Brian Bowman, a Winnipeg lawyer specializing in privacy and social media law, said the app could open up a legal minefield. Just because a car is parked in a public place doesn't mean the driver can't expect some privacy rights, he suggested.



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HERITAGE IN 2 CANADIAN MINUTES

O Canada! Let's fire up the burnt toast, cut holes in our peach baskets and gather in our house built of sod: The Heritage Minutes are back! Don't believe it? Well, the government has just put aside \$400,000 toward new Heritage Minute TV ads, according to The Canadian Press.

The money equates to two Heritage Minutes. This is big — like Upper Rebellion of 1837 big.

When the news spread around my workplace, it was as though the Heritage Minutes was the name of our favourite band and they were getting back together. "Oh my God I love them!!!" was the near-universal reaction.

There was even a generation gap: People over 40 looked deeply unimpressed, before arguing that the only true Canadian PSA series is Hinterland Who's Who. Squares.

For a more complete story of Hinterland Who's Who, they can contact the Canadian Wildlife Service in Ottawa. But if you're of a certain age, you know that Heritage Minutes are



HE SAYS

John Mazerolle

metronews.ca

where Canadian television exists in its purest form: Seventy-five mini-movies that are literally and figuratively all over the map.

Some are polished and professional; others look like YouTube high-school projects. "Film a 60-second short about Canadian history. Only one student may use Pierce Brosnan."

My personal favourite, because it was so poor, is about Marion Orr, first female pilot to land stock footage of an airplane onto a foggy soundstage.

It also contained a man being a slack-jawed moron at the sight of her, which was a running theme throughout the series. Between misunderstanding the meaning of Canada, mistaking Lake Michigan for the Pacific and laughing at female voters, teachers and doctors, the series could have been called, "White Guys Get It Wrong." Of course, this makes it a bang-on retelling of world history.

I'm thrilled the series is back, though I'm a bit distressed that there are only two planned. Surely we have it in us to produce another 75?

I have so many ideas.

For instance, to highlight our culture, imagine an extremely smug woman explaining to a stodgy American visitor that in Canada you can partake in such delicacies as Crispy Crunch, Coffee Crisp and Aero bars. "Chocolate filled with air bubbles. It's a Canadian idea." The American's head explodes.

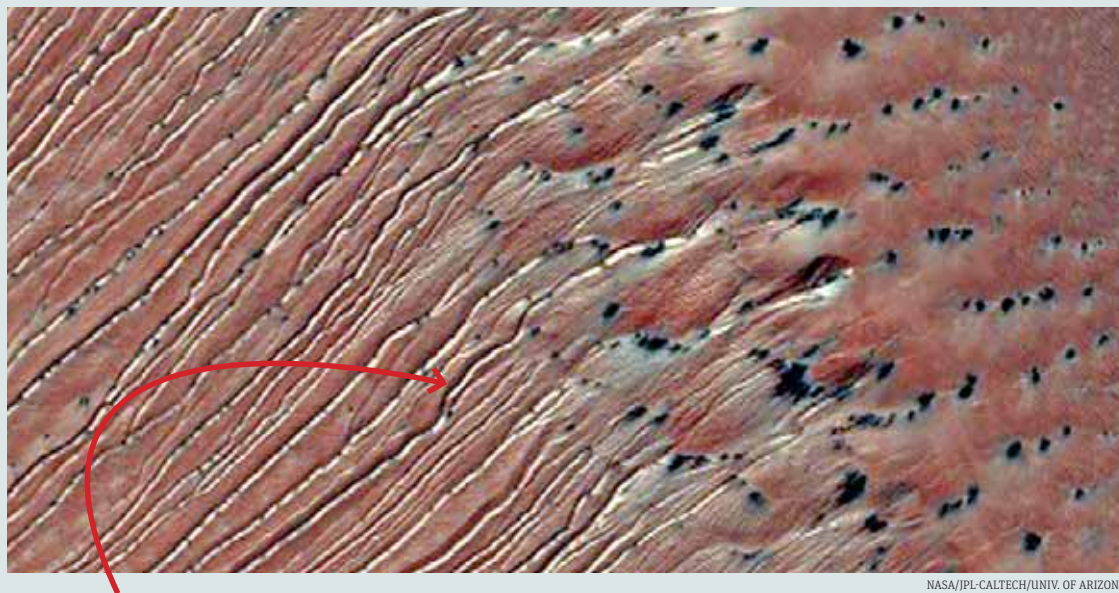
Or, in a special sequel to one of the most popular existing Heritage Minutes, we could see neurologist Wilder Penfield suddenly remember that he put bread in the toaster about five minutes ago. "Oh, yeah, right," he says, before taking a bite.

Or think of this inspiring scene: To explain our politics, we see a crowd of the disenfranchised gathered in Ottawa and chanting for their right to vote — louder and louder, braver and more sure of themselves, again and again. Then the camera pans to reveal ... Prime Minister Stephen Harper. "Sorry," he tells the assembled crowd. "Parliament is prorogued." He slams the door behind him.

If we don't film these important moments, people will rightly be asking, "Dang it, why didn't we shoot them?" With a bevy of new Heritage Minutes, we'll have a whole new bedrock of Canadiana to leave for our children, just like we had growing up. Now the people will know we were here.

ZOOM

Yes, Martians go sand duning



NASA/JPL-CALTECH/UNIV. OF ARIZONA

Dry-ice chunks create unique trails

If Martians did extreme sports, you can imagine they would leave trails like these.

Mars' strange grooves, or "linear gullies," on its sand dunes may have been made by sleds of sliding frozen carbon dioxide.

NASA's discovery is the result of examining images from the Mars Reconnaissance Orbiter

spacecraft. These grooves, spotted more than a decade ago, varied in length from only a few hundred metres to 2.5 kilometres and once posed a long-standing mystery as to how they were formed. Serina Diniega, planetary scientist at NASA, and her team managed to deduce that they are caused in springtime as the thawing layer of dry ice surfs down the Martian slopes.

METRO

Mars's climate

- **Wintertime.** Layers of solid CO₂ can reach thickness levels of two metres.
- **Springtime.** CO₂ sublimates (vaporizes without becoming a liquid) and chunks of the dry ice break off and surf down the slopes. The falling ice blocks are lubricated by the carbon dioxide dune, leaving the gullies behind.

Quoted



"MRO is showing that Mars is a very active planet. Some of the processes we see on Earth, but this one is uniquely Martian."

Candice Hansen
Co-author of the Mars report

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ANDREW FIFIELD

andrew.fifield@metronews.ca

You are currently extremely bored. You 1) Turn your newspaper to the next page. 2) Fold your newspaper into a jaunty hat. 3) Read the space below and pull out your smartphone for a Twitter-based Choose Your Own Adventure.

You're Assigned A Dangerous Mission

Buzzfeed founder Jonah Peretti (@peretti) created the first fully fleshed out Twitter CYOA three years ago (correct me if I'm wrong) and I've taken a few runs through it since. Hint: Accept the mission. (bit.ly/Start-The-Adventure)

@Urtwitventures

A very scary situation on a bus paves the way for paths that frequently end

with your high-concept death in this yarn from Weird Twitter stalwart @urfavoritejoel. (bit.ly/15XrM1Y).

Choose Your Story

Not on Twitter? While that's a shame, that's no reason to be excluded from the fun. Choose Your Story is a community-curated website of CYOA tales, many with a classic role-playing-game influence. (chooseyourstory.com)

Comments

RE: Forget Where's Waldo? Where's Senator Pamela Wallin? Is More Like It, published June 9

It's despicable to see people being handed "cushy" positions in Ottawa, only to hear they've taken further advantage of the position to milk the taxpayers for even more money. These recent examples are a SCREAMING call for reform. And not just the senate. **UH Toronto posted**

to metronews.ca

She was at the same time chair of the Senate Defence Committee and on the board of directors (paid) of an investment advisory company. Doesn't the government have any rules about conflict of interest??? **phil jacobs posted to metronews.ca**

What about the condo in New York City? Don't see that mentioned! **Harry J. Smith posted to metronews.ca**

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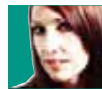
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2 SCENE

More than counting M&Ms

Festival. Paisley Sim talks about the lead up to Sled Island Music & Arts Festival



BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

Putting on a large-scale music festival can be a logistical nightmare. Luckily Paisley Sim enjoys the challenge.

As artist logistics coordinator for Calgary's Sled Island Music & Arts Festival, Sim is responsible for making sure international artists can get across the border as easily as possible and have a place to stay when they do, as well as dealing with non-resident tax documentation and various production duties. It may not be the most glamorous job in the Sled-o-sphere, but without Sim there would be a fair bit more chaos.

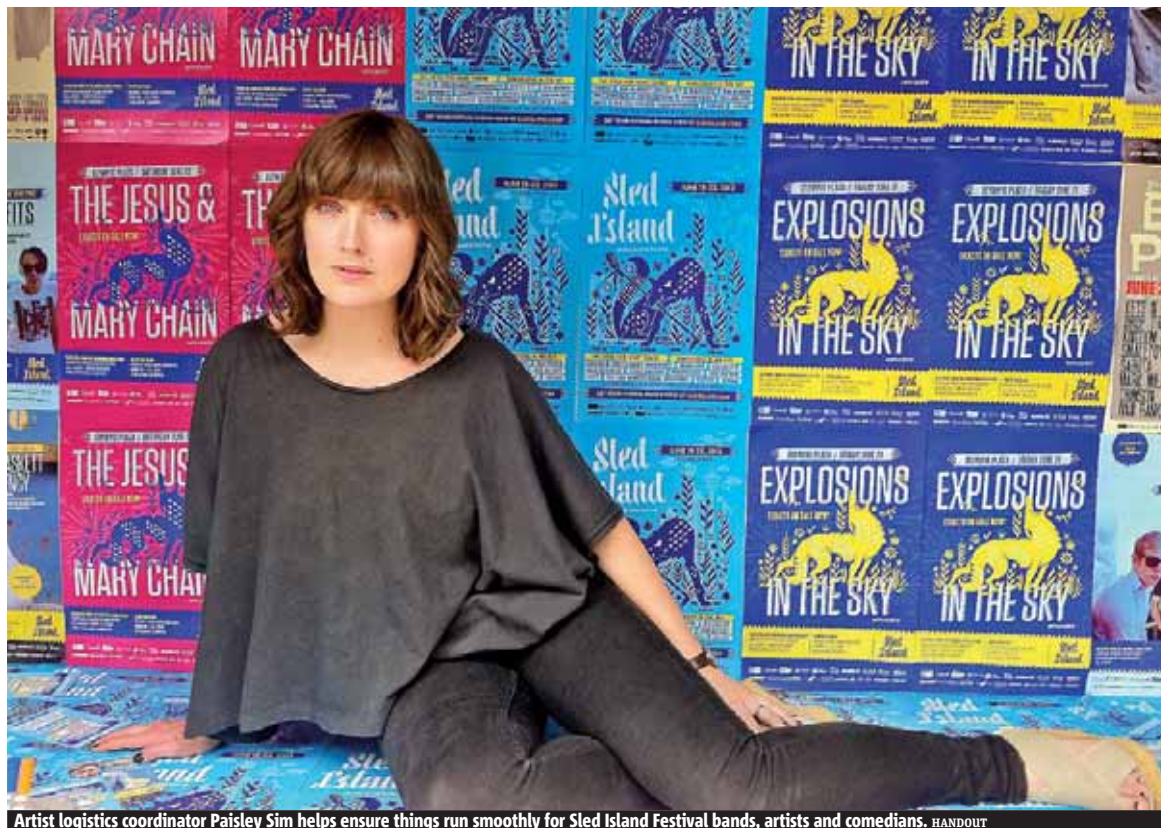
"It's about trying to maintain a sense of calm while consistently being on top of things," explains Sim, who worked for the festival for four years as its venues coordinator before moving onto her current role.

"There was an inevitable learning curve, but my background is predominantly in production management, arts administration, technical theatre and running shows and events. I have no problem with paperwork. It's not a real stretch for me from what I was doing before."

One of Sim's major duties is fulfilling artist riders.

From Van Halen's "no brown M&Ms" request to Beyoncé's red toilet paper and hand-carved ice balls demands, band riders can be the stuff of legends.

But Sim says there have



Artist logistics coordinator Paisley Sim helps ensure things run smoothly for Sled Island Festival bands, artists and comedians. HANDOUT

Loving feeling

"Bands just want to be cared for and embraced."

Paisley Sim
On managing musicians.

been no outrageous requests this year, save for the odd fish filet needs of one band and the fairly large stock of French champagne required for another act.

"Bands just want to be cared for and embraced," she says.

Artists also expect great billets and solid set time information, Sim says, adding that

it's important musicians know that organizers have done as much as they can to ensure a perfect show.

"You're putting so much love into making these shows happen and you hope and expect they give back. And they usually do. That's why the feeling of this festival is so positive."

Details

The Sled Island Music & Arts Festival kicks off Wednesday and runs until June 23 at various venues around downtown

- Where?** Olympic Plaza, The Republik, The Palomino, Broken City and The No. 1 Legion. Passes and single-show tickets can be purchased through sledisland.com or call 403-229-2901.

- Who?** Festival headliners include The Jesus & Mary Chain, Superchunk, The Jon Spencer Blues Explosion, Divine Fits, Hollerado, The Pack A.D., Explosions in the Sky and Joel Plaskett Emergency.
- Lineup** The festival also features a film component and an excellent comedy lineup, including controversial L.A. comic Brett Gelman.



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Fred Armisen, left, and Carrie Brownstein are the only two characters with any grip on reality in Portlandia. HANDOUT

Portlandia is as sustainable as ever

Two more seasons. Comedy renewed for more eco-friendly, cage-free zaniness

In the last season of Portlandia, the mayor of this sustainability-obsessed city vanished in shame after he was singled out as Portland's "No. 1 electricity hog." Portland went into a blackout, cats barked, creepy music played, and a bizarre Australian who calls himself "Birdman" told guests at a bed and breakfast "there is no civilization."

Carrie and Fred — about the only characters in Portlandia with any grip on reality — tracked down the mayor at a compound in the wilderness where he was leading a band of savages, a la Colonel Kurtz in Apocalypse Now.

"Do you come as assassins?" asks the muddled mayor, played by Kyle MacLachlan.

It's impossible for Fred and Carrie to get through to him, until they reveal that Seattle — Portland's archrival for hipness and progressivism — is about to take over their fair city.

"Under the cover of darkness, they might erect a Space Needle in Portland," says Car-

rie, rousing the mayor from his stupor and prompting him to return to his office to get the lights turned back on.

And so ended season three of Portlandia.

There is a line from the first season of Portlandia that quickly became the show's trademark: "Portland is a city where young people go to retire."

That's not the case for the creators and two stars of the show — Portlander Carrie Brownstein and Fred Armisen of Saturday Night Live fame. They are always looking for new ways to keep the show from getting stale.

Season three, which ended this past March, was driven less by short sketches and more by narrative and character development.

The cable channel IFC said Wednesday it's picking up the

show for two more seasons. They will premiere early next year and in 2015. Brownstein says the show will continue on the longer-narrative path, with more exploration of the dark side.

It's too early to say what's going to happen after 2015. But that might be the end of the road for Portlandia.

"I'd like to develop and write other shows, comedy of some sort," the 38-year-old Brownstein said in an interview at a Portland coffee shop.

"Five seasons intuitively feels like the right amount of time for Portlandia to be around," she said.

"I always think people overstay their welcome. It's better to leave people wanting more. But you never know."

THE ASSOCIATED PRESS

Picking on Portland?

If Portlandia is a send up of overzealous progressives and hipsters, it's become hip to watch the show. It's the most-watched series on IFC, whose targeted audience is the 18 to 49 age range. Brownstein said Portland is not "the sole inspiration for the show," but

that the city serves as a "signifier for an emotional landscape people are traversing." In Portlandia, that emotional landscape is largely populated by sanctimonious humans whose obsessive pursuit of a sustainable lifestyle can clash with the desires of others.

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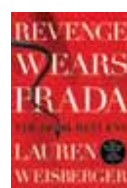
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1. INFERNO Dan Brown

In the heart of Italy, Harvard professor of symbology Robert Langdon is drawn into a harrowing world centered on history's most enduring and mysterious literary masterpieces — *Dante's Inferno*.

Last Week: 1 / Weeks on List: 3



2. REVENGE WEARS PRADA Lauren Weisberger

Almost a decade has passed since Andy Sachs quit Runway Magazine working for Miranda Priestly. She never suspected that her efforts to build a bright new life would lead her back into the path of the devil herself.

Last Week: 2 / Weeks on List: 2

This Week

Last Week Weeks on List

- | | | |
|--|----|----|
| ★ 3. SILVER STAR Jeannette Walls | - | 1 |
| 4. KILL ROOM Jeffery Deaver | 4 | 2 |
| 5. DELICATE TRUTH John LeCarre | 5 | 6 |
| 6. ZERO HOUR Clive Cussler | 6 | 3 |
| 7. WEDDING NIGHT Sophie Kinsella | 7 | 8 |
| ★ 8. ONE HEART TO WIN Johanna Lindsay | - | 1 |
| 9. BEST KEPT SECRET Jeffrey Archer | 9 | 7 |
| 10. PARIS Edward Rutherford | 10 | 8 |
| 11. SWEET TOOTH Ian McEwan | 11 | 6 |
| 12. FLIGHT OF THE EAGLE Conrad Black | 12 | 4 |
| 13. DEAD EVER AFTER Charlaune Harris | 3 | 6 |
| 14. COOKED Michael Pollan | 8 | 8 |
| 15. TRANSATLANTIC Colum McCann | 15 | 2 |
| 16. WILD Cheryl Strayed | 16 | 11 |
| 17. LET'S EXPLORE DIABETES WITH OWLS David Sedaris | 17 | 8 |
| ★ 18. RED SPARROW Jason Matthews | - | 1 |
| 19. FULL COUNT Jeff Blair | 19 | 7 |
| 20. DOUBLE CROSS Ben Macintyre | 20 | 5 |

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She's got bite — and a funny bone

True Blood. Actress Kristin Bauer Straten talks about her strong female character and what she's doing this season (no spoilers)

ALEXANDRA
CAVALLO

Metro World News in New York

When we last left HBO's *True Blood*, the war between the humans and the vampires had just reached a boiling point and the air was thick with the threat of impending violence. Well, more violence. A lot of blood is spilled in this show, but there's a lot of humour as well. More than most shows of its ilk (except, perhaps Showtime's *Dexter*) *True Blood* has managed to strike a fine balance between darkness and light. Pam — the bisexual, acid-tongued, bar-owning vampire, who stomps all over human and vamp underlings alike in spike-heeled boots — exacts violence and comedy in equally skilled measure. We checked in with Kristin Bauer Straten, who plays Pam, before the sixth season premieres on June 16.

What can you tell me about what's going on with Pam this season, without revealing any spoilers?

That's always the challenge, isn't it? We've been shooting such long hours all week that I've got to get caught up on the trailers so I know what they



True Blood season six premieres on Sunday. HANDOUT

reveal. I think it's safe to say there is a human-vampire conflict that's escalated from what the Authority did last year. And that, of course, causes problems for Pam. So she's trying to figure out her relationship with her new baby/lover, you know, Rutina (Wesley, who plays Tara). And she's just reunited with her Maker; she wasn't sure if he was alive. And then, on top of it, the humans

are fighting back.

When the show first started, did you know that Pam was going to become such a big part of the show?

I definitely did not. Yeah, that was a really lovely surprise because, when I auditioned, they said that it was a guest starring role, possibly recurring. And first season, once Alex (Skarsgård)

and I started they kept calling us back. But season two, there wasn't as much Pam. So all of a sudden when season three came around and they started adding quite a bit more Pam, that was a lovely surprise because I love the role and I also love the people I'm working with. We have so much fun. They're very, very fun people. The hours are long so it makes a

huge difference.

Pam is actually one of my favourite characters on the show, and she has really evolved: straight-up evil in the beginning, but now they're revealing a lot more layers. Do you think she's more good than bad?

I don't know if it is a bad sign, or if I'm becoming sort of delusional, but I don't

know if she's good or evil — but she's definitely... correct. I feel like what she says, we're all thinking. You know, she only kills bad people. I feel like she's a little bit of the person we all wish we could be, but we wouldn't be able to maintain jobs and friends (laughs). And Pam is lucky enough to have stepped out of, on purpose, all of those concerns. And, you know, to be top of the food chain, she doesn't have to worry about liking anybody or vice-versa, people liking her especially. I just think it's really refreshing.

Speaking to that, I feel that there are more powerful female characters in the show than weak ones. In fact, maybe more powerful female characters than powerful male characters. Do you think that's true?

Yup, I agree with you. These writers, I think are very sensitive to writing strong female characters. And in my career, that's just been rare. I haven't personally gotten to play terribly strong characters before this. I really enjoyed the characters I played, but they were vulnerable, possibly not too bright. You know, using sexuality to try and get by. I think it's a combination of HBO, and Alan Ball, and our other producers that are sensitive to this. On that note, I think Pam and other female characters do use their sexuality as a tool, but it's in an empowered way, not in a weak way.

Holy Veep! Louis-Dreyfus loves foul language

What happens at the White House. Actress says swearing pulls the curtain back from behind the scenes

It's not a requirement that you know how to swear, but it doesn't hurt on the HBO hit series *Veep*.

Julia Louis-Dreyfus is wrapping up her second season in the lead role of U.S. Vice President Selina Meyer in the

satirical comedy series.

Louis-Dreyfus was at the Banff World Media Festival to receive the inaugural Variety TV Impact Award.

After a wildly successful run on *Seinfeld* and a five year run in *The New Adventures of Old Christine* she took on the *Veep* role after being hooked by hearing it was about an "unhappy vice-president."

The language and the colourful phrases are not for family viewing but Louis-Dreyfus said it seems to work.

"It is fun to play. They're very creative in their swearing and there's some wonderful phrases that have come out of the last two seasons," she said Tuesday.

"What I think is really love-

ly about the swearing on our show is it helps underline and highlight behind the curtain and in front of the curtain," Louis-Dreyfus explained.

"I think one never thinks about these people we often admire behaving in such a way. I think it helps highlight the theme of the show."

THE CANADIAN PRESS

Potty mouth

"I think one never thinks about these people we often admire behaving in such a way."

Julia Louis-Dreyfus on the potential for politicians to lose their cool



Julia Louis-Dreyfus plays an unhappy vice-president in *Veep*. HANDOUT



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Put dad on read alert this Father's Day

If you don't have time to golf or fish with your old man, you could at least get him a book about those things. Look no further than this list of books. Whether he is a fly-fishing fan or wants to hunker down in a transatlantic adventure, here are our picks for pop.

ALISON BOWEN
Metro World News in New York City

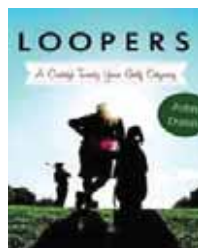


Very different journeys across the pond

TransAtlantic, a new novel from National Book Award winner Colum McCann, weaves a story detailing three different crossings of the Atlantic in dynamic time periods, from an Irish famine to a modern-day presidential visit from Barack Obama. The novel moves through 150 years and two continents, starring historical figures including Obama and Frederick Douglas alongside characters like aviators attempting the first nonstop flight.

For golf laughs and maybe a few tears

The new memoir "Loopers: A Caddy's Twenty Year Golf Odyssey" tracks decades of caddy adventures. John Dunn says this wasn't the long-term goal he envisioned, but he ended up appearing at golf courses across the country, hitchhiking to get to some of the fanciest greens in the nation. He tells tales of assisting everyone from regular golfers to movie stars — and making as much as \$500 a day in tips. But it's not all laughs. The book also touches on problems that plague caddies, like heavy drinking and gambling.

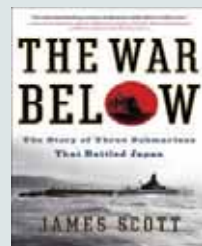
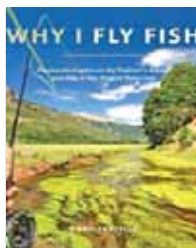


Strengthen a father-daughter relationship

In The Entertainer: Movies, Magic and My Father's Twentieth Century, Margaret Talbot, a writer for the New Yorker, weaves old Hollywood stories and family legends together from the life of her father, actor Lyle Talbot. As well as following along on his adventures, the book also tracks changes in the entertainment industry.

Catch this fly fishing classic for him

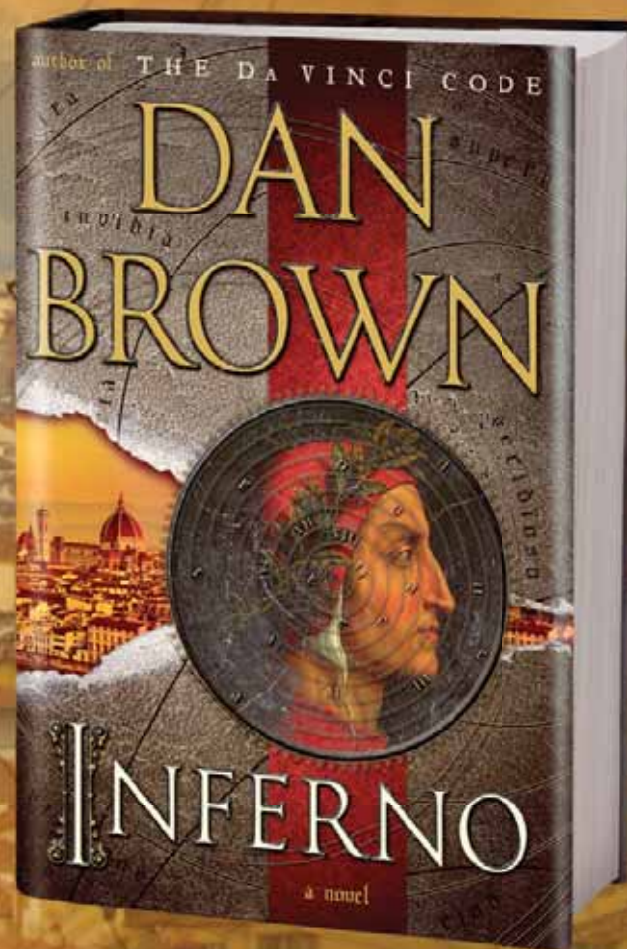
Fishing books might be a classic dad gift, but get him a tailored book toward one specific type of fishing this time with Why I Fly Fish by Chris Santella. The author interviewed 25 fishermen, from fly-fishing professionals to celebrities like Henry Winkler, all explaining their personal reasons for the pursuit.



Take him on a historic, sub-aquatic adventure

This new book takes an underwater view of the Second World War. In The War Below: The Story of Three Submarines That Battled Japan, James Scott describes a submarine force that destroyed a Japanese merchant fleet, hurting that country's economy. Tales include an undersea appendectomy with kitchen utensils. Drawing on diaries, letters and interviews with veterans, this is a fresh story for any Second World War fan.

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Bell rings in a change – and backs under-fire Bynes

Amanda Bynes has at least one person in her corner: Former *The Amanda Show* co-star Drake Bell is standing up for the troubled actress despite her recent arrest and frequent Twitter tirades. “I talk to her every day. She’s a sweetheart. I had lunch with her yesterday, and she’s brilliant. She’s good, and she’s healthy,” Bell tells *OK! Magazine*. “It hurts me and it upsets me” the way the media has been portraying Bynes, he explains. “Anytime I’ve ever been with Amanda, she’s totally coherent, totally there, totally everything,”



Amanda Bynes

he says. “I’m like, ‘Dude, you come off crazy.’ She’s like, ‘I know, but I don’t mean to. I just changed the way I look!’”



Penn Badgley

Badgley and Kravitz split but ‘on good terms’

Gossip Girl star Penn Badgley and Zoe Kravitz have reportedly called it quits after nearly two years of dating, according to *Us Weekly*. “It is all good between them. It wasn’t

a sad breakup,” a source says. “It just wasn’t working. It really did end on good terms, though. They are at two different stages in their careers. They just didn’t have time for each other.”

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Kruger and Jackson to do marriage U-turn

After seven years of dating — and insisting that marriage isn’t that big of a deal to them — Diane Kruger and Joshua Jackson have reportedly changed their minds and are ready to tie the knot, according to *Us Weekly*. “Josh and Diane are very close to

getting engaged,” a source close to the couple says. “They decided they’re ready for the next step. They’re excited!” The source says Jackson is planning to propose this summer and the wedding will happen “imminently.” The Fringe star was singing a completely different tune a year ago, telling the magazine, “Marriage is important for the people it’s important for, but neither one of us is particularly religious, so I don’t think there’s any particular push.”



Twitter



@kerrywashington
I just <3 NYC



@josswhedon
Based on the amount of sleep I got, today’s interviews are going to be a hoot!



@lenadunham
Fact: I only weigh myself on rusty scales in foreign countries. Otherwise, I go by how my bracelets are fitting.



Justin Bieber ALL IMAGES GETTY

‘Bad’ boy Bieber’s fans all heading in One Direction

At least one group is feeling good about Justin Bieber’s recent scandals and bouts with growing pains. “One Direction is benefiting greatly from Justin’s a-hole behaviour,” a source tells *Radar Online*. “All of the little girls that loved Bieber don’t love him anymore because ‘he’s bad’ and they are moving on to One Direction.”

The parents of these young fans are resentful of Justin’s behaviour and don’t think he’s a wholesome influence on their children anymore. So they’re pushing for their kids to like One Direction instead. “And the changing attitudes toward Bieber aren’t lost on the British boy band. “Both them and their team is fully aware that they are gaining fans who used to love Bieber, and they know it’s the perfect time to capitalize on it and swoop in to replace him,” the source adds.

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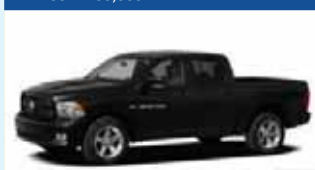
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TINA CHADHA
Metro World News

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DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Shaver

Get a close shave every day whether at home or travelling. Sensotouch Electric Shaver with Gyroflex 3D, \$249, philips.ca.



Shower supplies

Slip this two-in-one cleaner into dad's travel kit. Paris For Men Shower/Hair Wash, \$11, bathandbodyworks.com.



Retro bike

Old school exercise for dads of any age. Urbanista Luggano Gear Bike, \$888, opusbike.com.



Personal blender

For the busy dad on the go. Single Serve Blender, \$20, hamiltonbeach.ca.



Fridge

Design dad's bar inside or out. Monogram Outdoor/Indoor Luxury Refrigerator, \$3,100, geappliances.ca.



Coffee to go

Make French-style press coffee on the go. Coffee Travel Press, \$23, starbucks.ca.



Flask

Sneak a sip in style with the Century Flask, \$990, tiffany.ca.



Compass

Although they hate to admit it, dads sometimes get lost. Here's a classy old school way for him to get home. Tiffany 1837 Compass, \$360, tiffany.ca.



BBQ condiments

Gather a group of gourmet flavours for dad's next BBQ party. David's Condiments, \$8 each, pusateris.com.



LET'S GET BIBLICAL

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The summer temperatures have gotten us hooked on wining, dining and relaxing under the sun and stars. These fun new products will spruce up your summer retreat.

TINA CHADHA
Metro World News

Five ways to set up your outdoor oasis

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overstock.com

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outdoor
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Threshold outdoor rectangular poof, \$34



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ADVERTISING FEATURE



Luxury Home, Reno and Lifestyle Show, Experience Calgary's best!

Cancel your weekend plans! Calgary's most charismatic renovator is bringing Remodel It! TV to the Max Bell Centre, Friday to Sunday – June 14th to 16th. Bruce Hopkins and his team at The Remodelers have 'custom built' the first annual LUXURY HOME, RENO AND LIFESTYLE SHOW titled "Experience Calgary's Best!" featuring many of Calgary's premier home-improvement companies, and also showcasing life-style components.

*You will
be greeted
with wine
and
chocolate*

"We wanted to create a "one off" home show without thirty copies of the same thing – a show where vendors and potential clients can have a real conversation about their needs, in a more intimate environment" says Hopkins. "We

are really excited to expand our business "family" to more of the Calgary community- it's a win-win." The show will have about ninety booths, some of which have been featured on Hopkins' hit reality renovation show Remodel It! (CTV - Sunday at 10 am), or Remodel It With HER hosted by Sue Deyell (CTV Sunday at 10:30 am.)

All the vendors in the show are accessible in Calgary, in keeping with Hopkins' belief that clients should be intimately involved in every step of their renovation and decision-making, but have expert advice and guidance close at hand. "The home show will allow renovation-savvy Calgary's to put a name and face to some of the best in the business," says Hopkins, "reputable, high-end suppliers that we hand-picked for the show."

This show is also in support of Canadian hockey Olympian Hayley Wickenheiser's Wickfest (coming in November) Remodel It Media and Productions LTD. is the main sponsor. You'll find jersey-clad young gals collecting the proceeds from the \$5.00-parking at the home show

this weekend, in aid of their upcoming international hockey festival, attracting young hockey players from as far away as the Czech Republic. "It's amazing to have Bruce's help, says Wickenheiser, (whose home was

also renovated by The Remodelers and featured on the Remodel It! TV Show.) "It's the kind of community spirit we depend on to promote the sport."

The LUXURY HOME, RENO AND LIFESTYLE SHOW represents another unique business venture, Hopkins founded The Remodelers

in 2003 after finding the outsourcing of trades "hit and miss", and very frustrating for clients. He then moved everything in



BRUCE HOPKINS

*Enter
to win
a Corvette,
or a
houseboat
trip!*

house: clients visit a massive design centre and cabinet-making warehouse all under one roof. He's even been known to move clients into his own home when sawdust overtook theirs!

What began as his personal home reno almost two decades ago – has grown into a multi-million dollar company spearheaded by Hopkins' commitment to building personal, lasting, relationships based on his belief that life and business should ultimately be fun.

In 2007, Hopkins' brought the renovation story to life with his reality TV show. Naturally, it too was independently-produced, in-house, under the Boom City Productions banner.

In addition to the Luxury Home, Reno and Lifestyle Show, Hopkins' Remodel It Media and Productions Ltd, is launching an internet radio show featuring home-grown renovation "stars." JULIE ROPER

Go to remodelit.ca for tickets and details



Your small kitchen can still be comfortable and functional. ISTOCK IMAGES

How to make your small kitchen sizzle

DIY ideas. If you're in an apartment or small space, your kitchen shouldn't have to suffer

There are many solutions for making a small space bigger, so follow some of the ideas below to create a kitchen that's comfortable, functional and beautiful.

1 Focus on function! Scale back on appliances so your kitchen isn't full of large items that you never use. Consider what's really necessary for your space before automatically including anything that can take up valuable space.

2 Invest in multi-purpose pieces. Storage benches or other items that perform more than one task are invaluable in a small space and can keep your small kitchen

organized and tidy.

3 Open storage is a great way to create a spacious feeling. While cupboards close off the room, opening up those areas can not only create a fun way to display your kitchen items, but also make the room feel bigger.

4 Mix it up! Pair different materials and shapes in your design, like rectangular cupboards with a curved kitchen island.

5 Implement glass features — in doors or elsewhere — in order to expand the space and make it feel bigger than it actually is.

6 Find a folding table. A kitchen table with a drop-down top or additional leaves can be a great addition to a small space that will accommodate more people when needed.

7 Put thought into lighting. Pairing both fluorescent and pendant lighting can create depth and colour

in a kitchen that wouldn't have it with a standard light fixture.

8 Don't underestimate flooring! In a small space, you can add details to the floor that will add size to the room and also create a fantastic first impression. Try going further with colourful tiles or designs.

9 Inject colour. Strong colours fool the eye into making the space seem larger — so go for that bold red or bright yellow in your small kitchen.

10 Look up! If you haven't made your floor the centre of attention, think about the ceiling. Paint it a different colour, add a unique light fixture or add texture — all of these things will draw the eye upward and create height in your small space.

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Some expert watering tips for your garden when things get dry and sunny

Thirsty. Trying to eke more vegetables out of less land? Our plants could use a little extra help getting water

Plants need water to keep cool, pump minerals up to their leaves and grow. And in many regions and many seasons, they can fend for themselves getting water. Used to be, they had to. It was less than a hundred years ago that garden

hoses came on the scene. Before that, rainfall was pretty much all plants got, except in arid regions where periodic "flood irrigation" was used.

Make the most of water

Before you touch that hose

spigot, however, do what you can to help plants eke the most out of natural rainfall and water. Add compost, leaves and other organic materials to your soil to help it retain water. Laid on top of the ground as mulch, these ma-

terials slow evaporation from the surface; they also keep the surface loose so water seeps in rather than runs off. Weeds suck water from the soil, so rip them out to leave more water for your plants. And finally, contour the surface of sloping ground with low mounds or terraces to catch and hold water.

Next, find out if your plants need water. Needs vary with soil type and weather. Sandy soils need most frequent watering. Low humidity, wind and heat all make plants thirstier.

Is water needed?

A reliable way to tell whether the soil is moist or dry is to dig a hole and feel the soil for moisture. Or, instead of pocking your garden full of test holes, you could periodically check for wetness by probing the soil with an (inexpensive) electronic moisture meter.

Even easier, though less precise, is to play the averages. Monitor rainfall and apply water so plants receive a 2.5-centimetre depth of water per week, which is what an average plant needs in an average season.

A rain gauge or any straight-sided container can tell you how much rain has fallen, and then you can water to make

up the difference. That inch-depth of water is equivalent to about a half-gallon of water per square foot, so if you want to figure, instead, how many gallons a plant needs, estimate the number of square feet covered by its roots and multiply by one-half.

Not too much, not too little

For plants in the ground, you'll be applying that inch of water either with a sprinkler or through "drip" tubing. If you're sprinkling, water once a week, preferably some sunny morning when it's early enough that the air is still calm yet late enough that leaves soon dry, lessening chances for diseases.

With drip irrigation, use a timer to spread that inch of water as much as possible over all daylight hours of all seven days of the week.

This is, after all, how plants use water — one reason for the good "bang for the buck" you get with water merely dripped slowly into the ground near a plant. (Drip irrigation typically uses only about 60 per cent of the water used by sprinklers.) Don't worry about diseases from the frequent watering with drip irrigation; it does plants no harm because leaves stay dry.

THE ASSOCIATED PRESS

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A reliable way to tell whether any plant needs water is to dig a hole near it and feel the soil for moisture. Instead of pocking your garden full of test holes, you could instead periodically check for wetness by probing it with an (inexpensive) electronic moisture meter. LEE REICH/THE ASSOCIATED PRESS

Three sisters, two cookbooks, one delicious chicken dish

Three sisters who came to Canada from Greece as children are celebrating their heritage through photos and recipes in a follow-up to their first award-winning cookbook.

"We didn't want to do the typical thing people would expect in a Greek cookbook, which was beautiful pictures of Greek islands," says Eleni Bakopoulos of the book *Three Sisters Back to the Beginning: Timeless Greek Recipes Made Simple*. "We really wanted to be about the Greek lifestyle that we knew it to be, how food is connected to family and relationships and friendships and it really brings us all together."

The second book incorporates recipes omitted from the first book due to space (both volumes are self-published).

They also included dishes from the Greek islands and the north.

Try out this recipe from the book.

Ingredients

- 4 chicken breasts, boneless and skinless
- 30 ml (2 tbsp) olive oil
- 3 ml (3/4 tsp) salt
- 2 ml (1/2 tsp) dried oregano
- Fresh cracked pepper

Dressing

- 75 ml (1/3 cup) olive oil
- 50 ml (1/4 cup) fresh squeezed lemon juice
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) salt

Grilled Lemon Chicken

1. Heat grill to 230 C (450 F).

2. Coat chicken on both sides with olive oil and season with salt, oregano and pepper.

3. Place chicken directly on grill and grill for 8 to 12 minutes or until chicken is firm to the touch and opaque all the way through. Ensure barbecue lid is closed as much as possible while cooking, and turn breasts

Grilled Lemon Chicken



This recipe serves four. THE CANADIAN PRESS H/O

over only once.

4. Remove chicken from grill, cover with aluminum foil and set aside to rest for 5 minutes.

5. Meanwhile, in a small bowl, whisk dressing ingredients together.

6. Use a sharp knife to cut chicken into slices. Drizzle

dressing over chicken and serve immediately. **THE CANADIAN PRESS/THREE SISTERS BACK TO THE BEGINNING: TIMELESS GREEK RECIPES MADE SIMPLE BY BETTY, ELENI AND SAMANTHA BAKOPOULOS (ADELPHI PUBLISHING, 2013).**

Cookbook of the Week

The art of Mediterranean eats



In *Three Sisters Back to the Beginning* by Betty, Eleni and Samantha Bakopoulos, the sisters balance fast and easy family favourites such as Shrimp Saganaki with recipes that slow you down, and make you wait with anticipation like Homemade Yogurt and succulent Lamb Shanks.

Readers are also taken on a nostalgic journey that documents the magic of childhood and the connection between family, place, and identity.

Three Sisters Back to the Beginning is both a cookbook and an inspiring art book. **METRO**

Greek Chicken Salad gets all fired up

1. Heat a grill to high.

2. In bowl, combine olive oil,

lemon juice, garlic, oregano, 1/2 teaspoon salt and a generous amount of pepper. Whisk well.

Ingredients

- 1/4 cup olive oil
- Juice of 1 lemon
- 2 cloves garlic, minced
- 2 tbsp chopped fresh oregano
- Kosher salt and black pepper
- 1 1/3 lbs boneless, skinless chicken breasts, cut into thin strips

- 2 large red bell peppers, cored and cut into 1/2-inch strips
- 2 ears corn, husked
- 2 heads Boston lettuce, roughly chopped
- 1/2 small red onion, diced
- 2 tbsp finely chopped mint
- 1/2 cup crumbled feta cheese

Transfer 2 tablespoons of dressing to a medium bowl. Add the chicken to the smaller bowl, toss well to coat, then set aside.

3. Place the bell peppers in larger bowl and toss to coat with remaining dressing, then transfer the peppers to plate. Roll ears of corn in dressing, then set on plate with the peppers.

4. Set peppers and corn on grill. Lower heat to medium and cook, turning often, until lightly seared and the peppers

start to turn tender, 6 minutes. Return to plate and set aside. Add chicken to the grill and cook 4 minutes per side. Transfer to the plate with veg.

5. Add the lettuce to the large bowl and use your hands to toss it with the dressing, carefully coating each leaf with the vinaigrette. Divide the greens between 4 serving plates, then top each with some of the peppers and chicken. Divide the red onion and mint between the plates.



6. Stand each ear of corn on its wide end then cut off the kernels by sawing a knife carefully down the sides.

Divide the kernels between the salads, then top with feta cheese. Serve immediately. **THE ASSOCIATED PRESS**

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A parfait dish for summer

1. In a medium bowl, thoroughly mix strawberries and brown and granulated sugars. Let sit for 20 minutes or so, stirring occasionally, until sugar is completely dissolved and juice is drawn from strawberries. Meanwhile, in a small bowl, mix yogurt, sour cream and orange zest.

berry mixture among 4 parfait or sherbet cups. Cover with 30 ml (2 tbsp) of the yogurt mixture. Continue with another layer of strawberry and yogurt mixture. Divide remaining strawberry mixture evenly among cups. Top with 15 ml (1 tbsp) of the yogurt mixture.

2. Divide a third of the straw-

berries and fresh mint leaves

and serve immediately. LES- FRAICHESDUQUEBEC.COM

Ingredients

- 500 ml (2 cups) fresh strawberries, cut in quarters, plus extra whole berries for garnish
- 45 ml (3 tbsp) packed brown sugar
- 15 ml (1 tbsp) granulated sugar
- 250 ml (1 cup) vanilla no-fat yogurt
- 50 ml (1/4 cup) low-fat sour cream
- 2 ml (1/2 tsp) orange zest, grated
- Mint leaves, for garnish



This recipe makes four servings. THE ASSOCIATED PRESS/LESFRAICHESDUQUEBEC.COM

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Recipe. Add a dash of strawberry to your bagels and cream cheese



Ingredients

Preparation time: 5 minutes

- 125 ml (1/2 cup) crushed strawberries
- 250 ml (1 cup) ricotta or cottage cheese
- 10 ml (2 tsp) maple syrup
- 2 bagels, sliced
- Whole strawberries, for garnish

1. In a bowl, mix crushed strawberries, cheese and maple syrup.

2. At the same time, toast bagel halves.

3. Spread mixture on halved bagels.

4. Slice remaining strawberries finely and use to decorate bagels. Makes 2 servings.

LESFRAICHESDUQUEBEC.COM

Tasty wrappers: Can we eat our way to a cleaner future?

Edible packaging.

Across the world various forms of this concept are available and the outcome, one feels, can only be good



THERESA ALBERT
DHN, RNCPT
myfriendinfood.com

Who can forget the racket that a noisy biodegradable Sunchip bag made? Kudos to any manufacturer who cares enough to take an ecological step in the right direction.

Reducing waste and recycling is on the radar of every responsible eater and food manufacturer, no doubt, but the system just isn't perfect yet. What would be ideal is a zero waste, edible package. But will that ever be a reality?

Packaging expert Loong-Tak Lim, an associate professor at

the department of food science at the University of Guelph, says that we already have edible packaging, we just don't know it. Sausage casing, for instance, used to be made from the intestine of animals but now it is man made. His group has the "objective to utilize soy protein and waste from soy plants to produce edible films and coatings. We extracted cellulose microfibrils from the cellulosic waste from soy and use them as a filler to strengthen soy protein and alginate films. The idea is to use them as an edible packaging, for example as a primary packaging in sausage."

Seaweed itself, in the form of Nori, is also an edible wrapper of sorts. The original, most likely, The sugar coating and carnuba wax on M and M's are intended to have the same properties of containing a volatile substance with a stronger one. But that's kinda cheating, right? They aren't edible packaging in the sense that we think of — a vessel that carries

Eat EVERYTHING on your plate

Look to Taiwan for the most hopeful and inspiring idea. Chen Liang-erh, an amateur inventor, created edible bowls from oats. They aren't meant to hold much for long, but work well for a street food meal.

food from serving to ingestion.

It's coming, Lim says. The hurdle is that edible products won't have the robust barrier properties needed to be shelf stable for long periods or throughout travel. They will necessarily have to be quickly used and consumed. They won't be able to hold the marketing and printing dyes like current packages can. Further, the manufacturer needs to meet strict applications of food grade materials and storage to

prevent mold and bacteria.

Look to Taiwan for the most hopeful and inspiring idea. Chen Liang-erh, an amateur inventor, created edible bowls from oats. They aren't meant to hold much for long but work well for a street food meal of noodles and then a little crispy cracker after-snack instead of trash. In Japan Nobuhiko Arikawa of Rice-Design has created beautiful restaurant quality edible tableware from traditional hard tack cracker dough. Both inspired ideas with legs.

We may see more edible packaging fairly quickly as it is already common to find cornstarch utensils instead of plastic. The biodegradable packages are quickly improving, but the futuristic image of a zero trash food world isn't likely to come soon. Not while labelling and marketing has such a hold over our store shelves anyway.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER.



Seaweed known as Nori is an edible food wrapper of sorts. ISTOCK

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FATHER'S DAY

Thursday, June 13, 2013



Father's Day coincides with the summer grilling, so think about a gift of a stainless steel barbecue set for dad. MONKEY BUSINESS IMAGES/VEER

Specialized gifts for the special dad

Interests. From gadgets to sports and barbecue, find the perfect present this Father's Day

Buying something special for dad this Father's Day and want to forego the usual tie and cologne?

Consider some of these ideas — from the dad who feels at home in the kitchen to the dad who prefers to be one with nature, find the perfect gift that yours will love.

The gadget guy

For the dad who loves tech toys, a satellite radio will provide hours of entertainment, for the car and to take on-the-go. The commute to work will be more enjoyable as he listens to his choice of sports, talk, comedy and com-

mercial-free music or catches up on the news. Enhance the backyard barbecue party by turning up the volume for E-Street Radio, Bruce Springsteen's 24/7 music channel or catch the latest updates on the game from ESPN without having to step away from the burgers and great weather.

The sports fanatic

If pops is an avid baseball or soccer fan, give him the gift of a family sports day, with tickets to his team's next game for an outing you can all enjoy with him. Don't forget to treat him to some traditional stadium fare — hotdogs, popcorn and a refreshing beverage will make dad more than happy as he cheers on his favourite players.

The chef

Father's Day coincides with

the summer grilling season. Consider a gift of a stainless steel barbecue set. Dad will appreciate the look and feel of the tools for making the perfect summertime backyard meal for friends and family.

The outdoorsman

Is dad restless unless he gets outside, regardless of the time of year or season? Consider getting him into a new outdoor hobby to pass the time — a fishing rod, golf clubs, or even a pair of snowshoes might be just the ticket for a unique gift that will and impress.

Whatever you decide to gift dad with this year, don't forget that a hug and an appreciative thanks for being "the best dad ever" is more than enough in his eyes, and one you will be sure he will love.

NEWS CANADA



Consider introducing dad to a new hobby, like fishing. ANDY DEAN/VEER



Make every day a Happy Father's Day



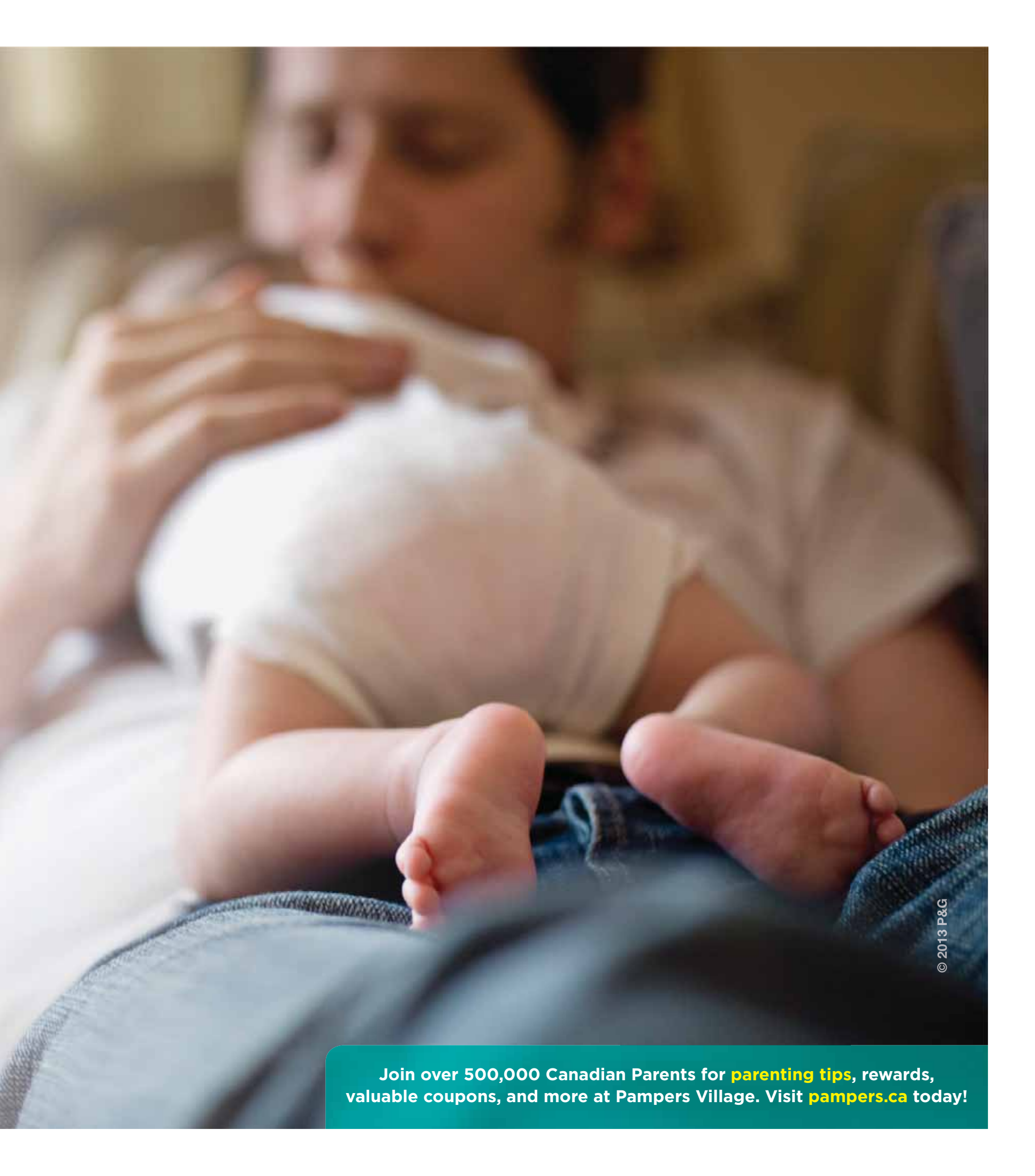
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*Based on Swaddlers sizes NB, 1 & 2 sales

[†]available in sizes N, 1 & 2



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Toys for the techie

MIKE
YAWNEY
For Metro

Homemade cards and ties make cute gifts for dad, but if you really want to impress this Father's Day some high-tech gadgetry is in order. Here are a few of the best picks to put a smile on your dad's face.

Braun CoolTec — \$149.99 and up

Say goodbye to razor burn. Featuring CoolTec, this is the only electric shaver that

chills your face as you shave to reduce irritation. This wet/dry shaver also features a long hair trimmer and can last 45 minutes on a single charge.

FitBit Flex — \$99.99

Perfect for the active dad, FitBit Flex allows you to set a fitness goal then track your steps, distance, and calories burned. Wear it at night and it will not only track sleep patterns, but will gently wake you with a silent alarm. Don't expect it to help out with your dad's snoring.

Logitech Harmony Ultimate Remote — \$349.99

Control up to 15 devices with one remote. This ultimate home theatre gadget com-



IR and Bluetooth. Compatible with more than 225,000 home theatre devices.

HTC One — \$649.99 (without contract)

With its sleek aluminum body, The HTC One is a great choice for the stylish dad in your life. This Android device features an impressive 4.7-inch HD display along with dual front speakers to create a truly impressive sound experience. The phone can also double as

bins physical buttons with a customizable touch screen. The best part is it will communicate with your devices through closed cabinets and walls via



a remote for your home theatre.

iMac — \$1,299 and up

The re-engineered Mac matches beauty with performance. Featuring ultra-fast processors and powerful graphics performance, this all-in-one is perfect for work and play. Splurge for the new Fusion Drive, which monitors the applications and files you use the most and prioritizes their boot time and access. The five-millimetre outer edge makes this computer the centre-piece of any home office.

Libratone Zipp — \$399.95

Incredible sound from such a small device. The Libratone Zipp lets you stream music from any Apple device using AirPlay technology, even if there is no Wi-Fi available. Speakers last four



Kindle Fire HD — \$214 and up

Finally available in Canada, Amazon's Kindle Fire HD tablet brings games, web browsing, apps and more than one million eBooks with you wherever you go.

Clockwise, from top left, HTC One — \$649.99 (without contract), Braun CoolTec — \$149.99 and up, iMac — \$1,299 and up, Logitech Harmony Ultimate Remote — \$349.99, Kindle Fire HD — \$214 and up.



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The Resource Casting Rod and Reel brings modern engineering to an age-old pastime. The IM6 graphite rod is six-feet, six-inches long and features a natural cork handle. \$69.99 (rod) and \$89.99 (reel) at Canadian Tire. canadiantire.ca

The SodaStream Source provides affordable and healthier soda. Make fizzy water, or one of SodaStream's own flavours from more than 100 syrups. Available at the Bay, \$149.99, thebay.com.



Richmond Hoodie: Part of the Canada Goose Branta Spring Collection, this piece weighs only half a pound and is available in several colours. Suggested price, \$525. canada-goose.com.



Nike VRS Covert Driver features a 460cc head, adjustable from 8.5 to 12.5 degrees of loft, and more. \$339.99 at all Sport Chek stores with a Nevada Bob's Golf specialty shop, and at sportchek.ca.

Health. Share these messages with dad

Father's Day is reserved for celebrating the men in our lives. Whether it's grandpa, dad, an uncle, or a husband, families do what they can on this day each year to make each man feel special and appreciated.

While a new tie, a round of golf or a pair of game tickets may be well-received, the most generous gift one can give is information that will help him take stock of his health and well-being.

Here are five important messages to share with him this Father's Day — or any day of the year:

- **Eat well:** It's important to make healthy choices and consume a well-balanced diet consisting of whole grains, vegetables, fruit, milk and alternatives, protein and healthy fats each day to provide the body with the energy, vitamins and minerals it requires.

- **Be active:** According to the Canadian Physical Activity Guidelines, being active for at least 150 minutes per week can help reduce the

risks of heart disease, stroke, high blood pressure, Type 2 diabetes, osteoporosis, obesity, premature death and certain types of cancer. Exercise also promotes improved fitness, strength and mental health.

- **Laugh more:** Research shows laughter is a great medicine. Humour produces psychological and physiological effects on the body that are similar to the health benefits of aerobic exercise.

- **Get checked:** Though many men tend to avoid their doctor, an annual visit is highly recommended by health-care practitioners. It allows for necessary tests to screen for a variety of health issues and help to flag anything that could be cause for concern.

- **Address issues:** If his strength and muscle tone aren't the same as what they were last summer, or he isn't himself lately (irritable mood, lack of concentration, low energy, etc.), it's important to investigate.

NEWS CANADA



The most generous gift one can give a father is information that will help him take stock of his health and well-being. NEWS CANADA



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MAKE
HEALTH
LAST





Father's Day is the perfect opportunity to give your dad a gift that has the personal touch. NEWS CANADA

Homemade gifts offer the personal touch

Dad is certainly worth more than a piece of plastic. A study conducted by H&R Block indicates that people spend an average of \$90 on

gifts for Father's Day and that gift cards are the most popular purchase.

However, many experts are noticing an increasing

trend towards gifts with a more personal touch, and Father's Day is the perfect opportunity to do exactly that.

"Showing your love and appreciation for dad doesn't have to cost a fortune," said Shelli Gardner, CEO and Co-founder of crafting company Stampin' Up! "The gift with the greatest impact, the one that shows you truly want to make someone feel special, is the one you make yourself."

This year, why not celebrate Father's Day and recognize the special men who have made a difference in our lives by preparing a gift that

reflects his personality. Gardner suggests the following Father's Day gift ideas that will inspire seasoned crafters and beginners alike:

- **Handmade cards:** A timeless classic, handmade cards are a great way to take the time to share a meaningful message with dad. The key to crafting the perfect card is to keep it simple. It's as easy as folding a piece of neutrals collection cardstock and gluing complementary coloured cut-outs, which will add some depth to the card. Embellishments, such as buttons, will add a nice finishing touch, and a

warm message that comes from the heart will be the ultimate step in completing this project. Enjoying the experience is key. No matter what the final result, this simple project will certainly put a smile on dad's face.

- **Personalized goody box.** Is dad the sweet or savoury type? Offering him his favourite treat is always rewarding — for both the person on the giving and on the receiving end. All that is required is a bag box, which can be filled with his favourite snack and decorated with a selection of stamps and paper accents.

Wrapping the box with a nice ribbon ties everything together neatly.

- **Decorated picture frame.** Nothing immortalizes a special moment like a picture. Offering a decorated picture frame is a Father's Day gift that will last a lifetime. The first step of this project is to choose a picture that recalls a memorable day, outing or event. The second step will require decorating the back-drop of the frame with a combination of designer series paper and carefully including the chosen photo in the decorated area. NEWS CANADA

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Dressed to the nines



Dad can enjoy the shade anytime with the Barbour Trilby Hat — a woven and blocked straw chapeau adorned with a tartan band. \$85 at Sporting Life. sportinglife.ca.



New York Playboy Body Spray, a scent of the good life, featuring a fresh, woody fragrance with top notes of fusing aldehydes, limes, and vinyl accords. Suggested price: \$5.99. coty.com.



O'Neill's Blakey Jack Collection button-down shirt brings classic back, combining a vintage slub weave with contrast stitching and faux wood buttons. \$70 at oneilleshop.ca.

The dual time-zone Longines Conquest 24-hour GMT Watch features sapphire glass with anti-reflective coating; rhodium-plated hands; and a stainless-steel bracelet. Suggested price: \$1,600. For authorized retailers, visit longines.com.



Sterling silver Scrabble cufflinks incorporating real, full-sized Scrabble tiles — perfect for the wordy-yet-stylish man. \$248 at Studio1098. studio1098customjewellery.com



Dark Amber blends the scent of fresh bergamot with warm amber—producing a cologne both spicy and tough. \$29.50 at Bath & Body Works and bathandbodyworks.com.



ECCO's Tour Hybrid Wingtip is a durable crossover shoe that lets dad transition to golf course from office without changing. From \$240 at ECCO locations, eccocanada.com, and other retailers.

LUSH Dirty Range is a line of personal grooming products for dads who like to get their hands dirty. It includes hair gel, body wash, shampoo, and more. \$3.95 to \$28.95 at LUSH locations and lush.com.



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metro

44

metronews.ca
Thursday, June 13, 2013



Give dad the perfect gift this Father's Day — the ultimate man cave. Below, the durable Darth Vader and Yoda Bottle Openers will play music from the Star Wars films every time dad uses them. Minimal Force required. \$14.95 at Hallmark Gold Crown stores. hallmark.ca. MONKEY BUSINESS IMAGES/VEER

Dad's domain. Create the ultimate man cave

The kids own the living room, mom owns the kitchen, the family pet might even claim the backyard, but where is dad's domain?

This Father's Day, give dad the perfect gift — the ultimate man cave. Turn the garage into a comfortable and useable space by transforming this often forgotten extension of the home, into the envy of the neighbourhood.

• Food: It all starts with food, regardless of the season. He will love a fridge that can stand up to intense heat and harsh Canadian cold. So whether it's golf or hockey season, dad is never more than a few steps away from helping himself to a beverage or snack.

• Entertaining: No doubt dad loves it when friends and neighbours pop by for a visit. The garage can become a comfortable hub for entertaining if organized well. Make sure there is enough open floor space and seating for everyone to enjoy themselves. Now dad can host his friends for games or gatherings without monopolizing the family room.

• Toys: Whether we are talking tools, electronics or sporting equipment,

the man cave is all about creating a space that dad will love, surrounded by his favourite toys.

• Kick back: The dust and grime on old cement flooring can make it difficult for anyone to enjoy themselves. Try something simple but with huge impact like custom tile flooring: sleek, clean and spe-

cifically for the garage.

With these few simple steps, you can create the ultimate man cave for Father's Day that will be enjoyed for many years to come.

NEWS CANADA



Man Cave Table and Chair, perfect for a Ford fan in the mood to relax. Both items feature a chrome-plated finish. \$129.99 (table) and \$59.99 (chair) at Canadian Tire, canadiantire.ca.

NFL

Goodell sticks up for Redskins name

NFL commissioner Roger Goodell says the Washington Redskins nickname is a "unifying force that stands for strength, courage, pride and respect."

Goodell was responding to a letter from 10 members of U.S. Congress who want the name changed because it is offensive to many Native Americans.

He cited the nickname's origins and polls that support its popularity. Goodell wrote that he understands the feelings surrounding it are complex and could change, but he also points out fan pride in the team's heritage.

The name is the subject of a legal challenge from a group seeking to have the team lose its trademark protection. **THE ASSOCIATED PRESS**

CFL

Bombers open new home with loss

The cowbells rang and the horns blew as Investors Group Field was christened, but the Toronto Argonauts spoiled the party with a 24-6 exhibition win over the Blue Bombers Wednesday.

Last year's Grey Cup champions brought their backup quarterbacks and a cast of newcomers to town and still looked confident.

The Bombers opened with starter Buck Pierce but pulled him midway through the first quarter, putting in Max Hall, one of the two newcomers in camp this season challenging for the backup spot.

Justin Goltz and Chase Clement saw action behind centre in the second half

THE CANADIAN PRESS



Bruins-Blackhawks go well beyond prime time

The Blackhawks' Marcus Kruger battles with the Bruins' Milan Lucic during the third period of Game 1 of the Stanley Cup final on Wednesday night in Chicago. The Blackhawks won 4-3 in triple overtime. **NAM Y. HUH/THE ASSOCIATED PRESS**

Kuchar primed to make a major splash

U.S. Open. From following in Tiger's footsteps to falling off the PGA tour, Kuchar's climb continues at Merion Golf Club

He was the smiling kid with his dad on the bag in his first U.S. Open, eager to be himself and not the guy he was following.

Matt Kuchar never expected to be the next Tiger Woods,

mostly because even then he knew it wasn't possible. Winning the U.S. Amateur a year after Woods recorded his third straight amateur title got him into the 1998 Open, but it would be a long time before the two were in the same conversation again.

"I was never thinking because I won the amateur the year after Tiger that I was the next Tiger Woods," Kuchar said. "That was never something that I thought about or thought I was going to follow the same path as Tiger. I knew



on the PGA Tour after a brief hiccup and started contending in tournaments.

Now he's in another conversation this week at Merion

I had a different path that was for me."


That path was rocky at times, but Kuchar never lost faith in his talent. He rebuilt his swing, found his way back

Golf Club. He's joined a select few as perhaps the best player who hasn't won a major championship. That he's not shying away from the talk says something about how confident he is about his game.

"I feel like I'm playing some good golf," said Kuchar, who won at Memorial two weeks ago.

"Certainly a major championship, a U.S. Open, is one I'm geared up for. I'm looking forward to competing and trying to put my name on this trophy." **THE ASSOCIATED PRESS**


4 SPORTS



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Upcoming test could help measure Heat

NBA Finals.

Struggles in Game 3 uncharacteristic of Miami team that won 66 games during the regular season

Game 4 of the NBA Finals will tell more about the Miami Heat than a 66-win regular season ever could.

Any questions about LeBron James and the Heat were supposed to have been answered by now. He was too good to be taken out of games, his teammates too talented to go through long stretches where they weren't contributing.

But they didn't resemble the league's reigning powerhouse in Game 3, when the San Antonio Spurs handed them the third-worst beating in finals history in a 113-77 romp. They looked like the confused club from two years



LeBron James and the Miami Heat were far from their best Tuesday.
MIKE EHLMANN/GETTY IMAGES

ago, when the finals last came to Texas.

Another loss Thursday night and they're on the verge of something much bigger than another finals failure.

Lose this series, and the whole Big Three era might be a failure.

"Something has to give tomorrow night," James said Wednesday. "They have a championship pedigree. They have four (titles). We have two. So something has to give. We'll see what happens. We've been able to bounce back throughout adverse times throughout the season throughout the years that we've been together, these three years. We'll see."

"We'll see" is the approach the Spurs are taking with Tony Parker, who has a mild hamstring strain. The team is calling the All-Star point guard day-to-day after he was hurt during Game 3 and had an MRI exam Wednesday.

"I want to wait until tomorrow before I make a decision whether he should play or not," Spurs coach Gregg Popovich said. "And obviously a lot of it will have to do with Tony, and what happens to him during the day, and how I think his play will affect our team, whether good or bad."

THE ASSOCIATED PRESS

NHL PLAYOFFS

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)
CHICAGO (1) VS. BOSTON (4)

Wednesday's result

Boston at Chicago

Saturday's game

Boston at Chicago, 8 p.m.

Monday's game

Chicago at Boston, 8 p.m.

Wednesday, June 19

Chicago at Boston, 8 p.m.

Saturday, June 22

x-Boston at Chicago, 8 p.m.

Monday, June 24

x-Chicago at Boston, 8 p.m.

Wednesday, June 26

x-Boston at Chicago, 8 p.m.

x — played only if necessary

SCORING LEADERS

	G	A	PTS
Krejci, Bos	9	12	21
Horton, Bos	7	10	17
Malkin, Phg	4	12	16
Letang, Phg	3	13	16
Crosby, Phg	7	8	15
Sharp, Chi	8	6	14
Hossa, Chi	7	7	14
Kane, Chi	6	8	14
Bickell, Chi	8	5	13
Voytov, LA	6	7	13
Carter, LA	6	7	13
Marchand, Bos	4	9	13
Lucic, Bos	3	10	13
Iginla, Phg	4	8	12
Zetterberg, Det	4	8	12

NBA PLAYOFFS FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 2-1)

Tuesday's result

San Antonio 113 Miami 77

Thursday's game

Miami at San Antonio, 9 p.m.

Sunday's game

Miami at San Antonio, 8 p.m.

Tuesday, Jun. 18

x-San Antonio at Miami, 6 p.m.

Thursday, Jun. 20

x-San Antonio at Miami, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	41	26	.612	—
New York	37	27	.578	2½
Baltimore	37	29	.561	3½
Tampa Bay	35	30	.538	5
Toronto	28	36	.438	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	36	28	.563	—
Cleveland	32	33	.492	4½
Kansas City	30	33	.476	5½
Minnesota	29	33	.468	6
Chicago	28	35	.444	7½

WEST DIVISION

	W	L	Pct	GB
Oakland	39	27	.591	—
Texas	38	27	.585	½
Seattle	29	37	.439	10
Los Angeles	28	38	.424	11
Houston	22	44	.333	17

Wednesday's results

L.A. Angels 9 Baltimore 5
Kansas City 3 Detroit 2 (10)
Boston 2 Tampa Bay 1
Cleveland 5 Texas 2
Minnesota 4 Philadelphia 3
Toronto at Chicago White Sox, postponed
N.Y. Yankees at Oakland
Houston at Seattle

Tuesday's results

Baltimore 3 L.A. Angels 2
Tampa Bay 8 Boston 3
Cleveland 5 Texas 2
Minnesota 3 Philadelphia 2
Toronto 7 Chicago White Sox 5 (10)
Detroit 3 Kansas City 2
Oakland 6 N.Y. Yankees 4
Seattle 4 Houston 0

Thursday's games

All times Eastern
N.Y. Yankees (Kuroda 6-5) at Oakland
(Parker 5-6), 3:35 p.m.
Boston (Doubont 4-3) at Baltimore (Gausman 0-3), 7:05 p.m.
Kansas City (Santana 4-5) at Tampa Bay
(Hendrickson 4-2), 7:10 p.m.
Toronto (Rogers 1-2) at Texas (Darvish 7-2), 8:05 p.m.
Philadelphia (Lee 7-2) at Minnesota (Correia 5-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	39	27	.591	—
Washington	32	32	.500	6
Philadelphia	31	35	.470	8
New York	24	36	.400	12
Miami	19	46	.292	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	42	23	.646	—
Cincinnati	40	26	.606	2½
Pittsburgh	39	26	.600	3
Milwaukee	27	38	.415	15
Chicago	25	38	.397	16

WEST DIVISION

	W	L	Pct	GB
Arizona	36	29	.554	—
Colorado	35	31	.530	1½
San Francisco	33	31	.516	2½
San Diego	32	34	.485	4½
Los Angeles	28	36	.438	7½

Wednesday's results

Cincinnati 2 Chicago Cubs 1
San Diego 5 Atlanta 3
Pittsburgh 12 San Francisco 8
N.Y. Mets 5 St. Louis 1
Milwaukee 10 Miami 1
Washington 5 Colorado 1
Arizona at L.A. Dodgers

Tuesday's results

Pittsburgh 8 San Francisco 2
St. Louis 9 N.Y. Mets 2
Miami 5 Milwaukee 4
Cincinnati 12 Chicago Cubs 2
Colorado 8 Washington 3
San Diego 3 Atlanta 2
L.A. Dodgers 5 Arizona 3

Thursday's games

All times Eastern
St. Louis (Wainwright 9-3) at N.Y. Mets
(Harvey 5-0), 1:10 p.m.
Cincinnati (Latos 6-0) at Chicago Cubs
(Samardzija 3-7), 2:20 p.m.
Washington (Detwiler 2-4) at Colorado
(Francis 2-4), 3:10 p.m.
San Francisco (Cain 4-3) at Pittsburgh
(Morton 0-0), 7:05 p.m.

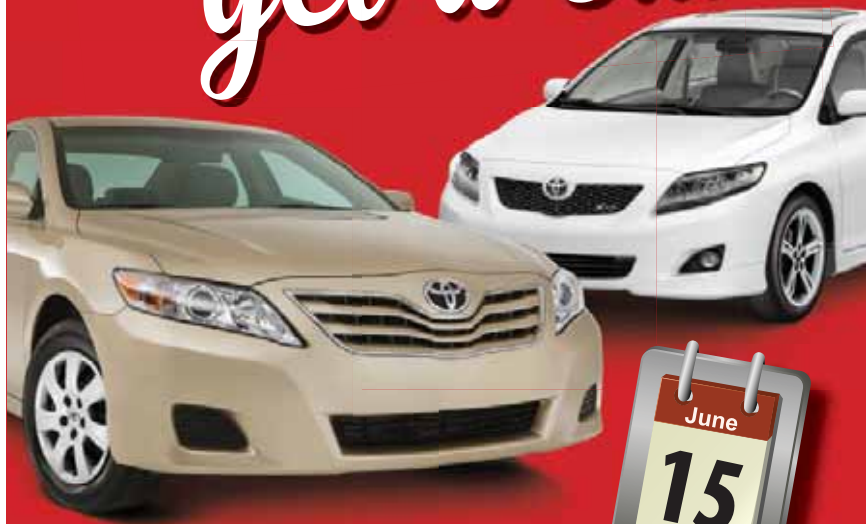


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Horoscopes

Aries

March 21 - April 20

If there is something you want to tell the world, you will get your chance over the next few days. Whether it's worth hearing remains to be seen but you will certainly make your point — maybe quite loudly!

Taurus

April 21 - May 21

You are about to benefit from a remarkable stroke of luck but you will kick yourself if you don't take full advantage of it. Partners and loved ones may kick you too.

Gemini

May 22 - June 21

You may have energy to spare today but that does not mean you can waste it. The Sun, Mars and Jupiter in your sign make all things possible, but there is one thing only you should be focusing on now.

Cancer

June 22 - July 23

You seem to be a bit more adventurous than usual, and that's good. You certainly won't worry what the neighbours might think about what you are up to. In fact, you will quite enjoy shocking them.

Leo

July 24 - Aug. 23

No matter how much time and energy you put into something, if your heart is not in it you won't do a good job. The message of the stars is to love what you are doing.

Virgo

Aug. 24 - Sept. 23

The only reason you are under pressure is because you have too many things on the go. And the only reason you have too many things on the go is because you can't say "no".

Libra

Sept. 24 - Oct. 23

You have a busy schedule, so if you get the chance to take a break over the next 24 hours you would be wise not to waste it. You may not get another opportunity for quite some time.

Scorpio

Oct. 24 - Nov. 22

One course of action is right and one course of action is wrong. Not that it matters a whole lot to you. It seems you have already decided what it is you are going to do.

Sagittarius

Nov. 23 - Dec. 21

It is important that you give loved ones space to be themselves today, because if you restrict their freedom they may rebel. Do you fear losing them? That's more likely to happen if you cling too tightly.

Capricorn

Dec. 22 - Jan. 20

Promise yourself that no matter how irritating certain people may be, you won't let them get under your skin. The only weapons they have to use against you are words and words only hurt if you let them.

Aquarius

Jan. 21 - Feb. 19

What happens today may or may not be important but how you react to it most certainly is. The best reaction is to steer a middle course. Try not to be either too happy or too sad.

Pisces

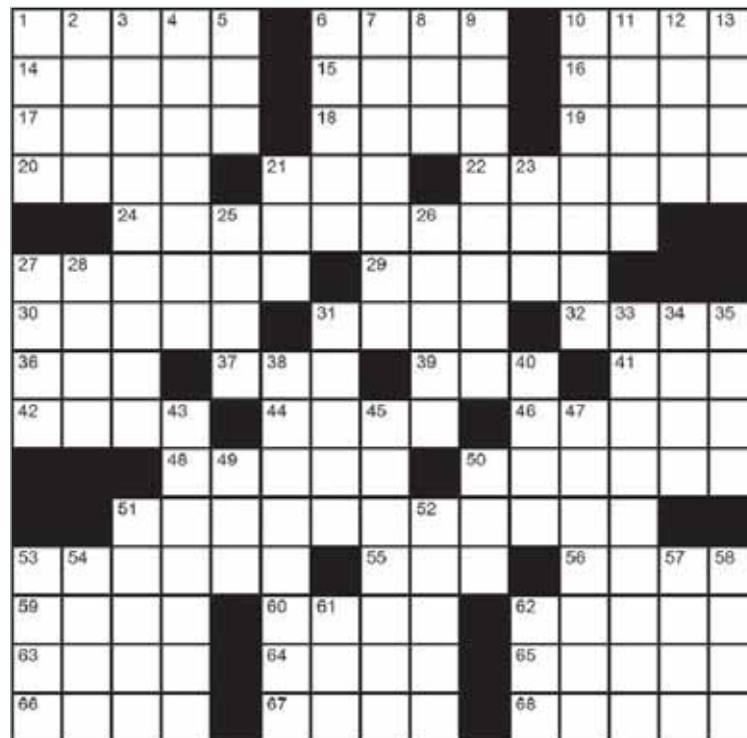
Feb. 20 - March 20

Something will occur today that makes you look at life in a slightly different way. Once you get past certain ideas that have been holding you back, you will discover a new world of possibilities. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- The ___ (Meeting place in downtown Winnipeg)
- Rhyming scheme
- Tie
- Take out ___ (Borrow money)
- City haze
- Simply the best
- ___ rest (Bring things to a close)
- Mansion must-have
- Survey choice, ___ of the above
- Tree log bump
- Five-and-five's total
- USA part
- Motto on Saskatchewan licence plates: Land of ___
- "This Is ___ Tap" (1984)
- Little
- Toronto's Loma, and others
- Hollywood Walk of Fame symbol
- Detect
- Perform
- Long list ender
- Caribbean music
- Flub
- President Truman's First Lady
- Apiece
- Bottle-living wishes granter
- Heavenly food
- Starts
- Located in BC, it's the highest peak of



- the Canadian Rockies: 2 wds.
53. Rather frightening
55. Photo ___ (PR events)
56. Pre-1917 ruler
59. Many: 2 wds.
60. Closed
62. Fuddy-duddy
63. '90s-style rock

- concert pit
64. River of England
65. Had a bug
66. Birthers of baby baa-ers
67. Requisite
68. Bridges

Down

1. "Columbo" star

- Peter
2. The Good Earth heroine
3. Supporters of The Monarchy
4. "Walking on Sunshine" by ___ and The Waves
5. ___ Cone (Toy-made treat)

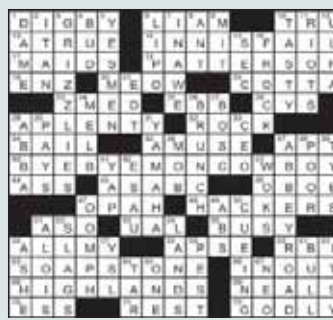
6. Colorado resort
7. Amidst
8. Casper's cry!
9. Inuk singer/songwriter, Susan ___
10. Actor, Jeff ___
11. Beaver logo clothier
12. Baie-Sainte-___, NB
13. From-the-garden

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- pluck-ee
21. Blue Rodeo's "___ I Am Myself Again"
23. Zero
25. Bouquet holder
26. Successful song
27. Strikebreaker
28. Step
31. Barely anything
33. Ontario's Bruce ___
34. Wholly ___ part
35. Three: Spanish
38. English poet: Alfred, Lord ___ (b.1809 - d.1892)
40. Middle ___ (Pre-Renaissance period)
43. Gets wrinkles out
45. Make merry
47. Vain person's vacation?
49. Diving bird
50. Blues guitarist Mr. King's
51. Canada-associated creature
52. Chose
53. Equivalent
54. Farming implement
57. Seaport of Yemen
58. Some Smarties
61. Tint
62. The ___, Manitoba ___

Yesterday's Crossword

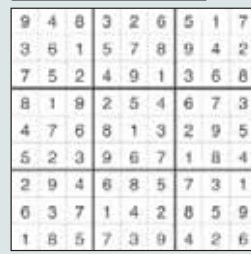


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY

MAX: 13°
MIN: 9°

FRIDAY

MAX: 14°
MIN: 8°

SATURDAY

MAX: 18°
MIN: 9°

ANDREW SCHULTZ METEOROLOGIST

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Pacific Place

Sunridge Mall

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2520 23rd St. NE

Southwest

Bankers Hall

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Chinook Centre

The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

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2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

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3012 17th Ave. SE

4410 50th Ave. SE

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Strathmore

55 Wheatland Trail

331 3rd Ave.

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